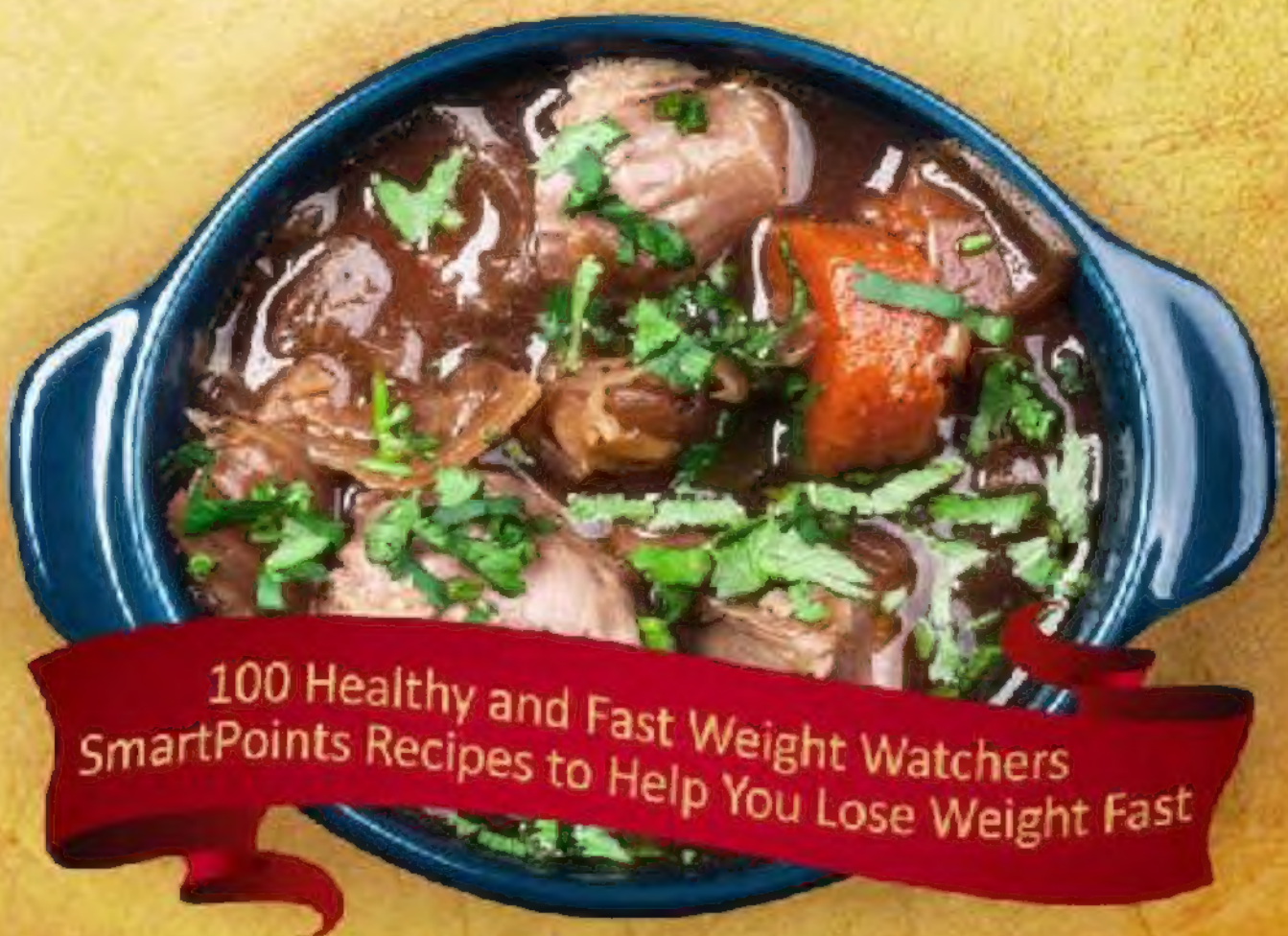
WEIGHT WATCHERS INSTANT POT COOKBOOK



100 Healthy and Fast Weight Watchers SmartPoints Recipes to Help You Lose Weight Fast

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Weight Watchers Instant Pot Cookbook

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By Annie Charles

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INTRODUCTION

Instant Pot!

Probably you have already heard of Instant Pot. But, what I do not know is whether you really have an inkling of how great this invention is. Do you, really?

Well, let me give you a brief bird's eye view of what an Instant Pot can do to your kitchen and your cooking skills. Let me tell you first hand and beforehand, cooking with an Instant Pot is not messy, unlike traditional cooking. Think of an Instant Pot as an all-around pot that can do slow cooking, sautéing, browning, and even pressure cooking in one pot. Remember how you used to sauté your food in a pan and then transfer them to your slow cooker before heading out the door? With this invention, you can do it all in one pot. Lesser pots to clean.

And add to the mix are Weight Watchers approved recipes that are perfect for Instant Pot use. How lucky can you get?

And that's just the tip of the iceberg. Read on to learn more.

USING YOUR INSTANT POT EFFECTIVELY

To some, beginning to use the Instant Pot can be a bit bewildering because of the many buttons it has. However, armed with the right knowledge these buttons become your best friends. So, let me help make the transition easier for you.

Using the Buttons and Cooking Times

The Instant Pot has set times for its cooking buttons, but you can still adjust it to a certain degree. So, here are some tips and tricks on using the buttons as well as suggested cooking times for each.Remember: most of the cooking times mentioned here is from the point where the right pressure is reached. It does not include the amount of time it takes to reach said pressure.

- **Manual** – if you are unsure of which button to use, especially with recipes passed down from your grandma, this is the best way to go. You can manually encode how long or how short you want the cooking time to be.
- **Sauté and/Browning** – even though the button only says sauté, you can actually brown meats too. After pressing the sauté button, you can press it one more time to brown the food. Pressing the button a second time, allows you to simmer your food.
- **Steam** – with this button it is highly suggested to use a steamer rack. The pre-set steaming time is 10-minutes. You can adjust it to a low of 3-minute cooking time and a high of 15-minute cooking time.
- **Multi-grain** – the pre-set time is 40 minutes. You can adjust to a higher cooking time of 60 minutes and a low of 20 minutes cooking time.
- **Rice** – this is the only fully automatic button in the Instant Pot. No need to adjust because the pot automatically adjusts the cooking time based on the rice and amount of water. Thus, the smaller the amount the faster the rice cooks.
- **Poultry** – pre-set cooking time is 15 minutes. It can be adjusted to a low of 5 minutes and a high of 30 minutes cooking time.

- **Bean/chili** – pre-set time of 30 minutes. And can be adjusted to a low of 25 minutes and a high of 40 minutes.
- **Meat/Stew** – pre-set time of 35 minutes. It can be adjusted to a low of 20 minutes and a high of 45 minutes cooking time.
- **Soup** – pre-set time of 30 minutes. It can be adjusted to a low of 20 minutes or a high of 4 minutes.

Opening the Lid

No matter what button you are using to cook, never ever try to pry open the lid. Always remember that the Instant Pot works like a pressure cooker that builds pressure and steam in order to cook food within a short period of time. Forcing the lid open will cause injuries.

The recipes in this eBook will tell you which type of pressure release (lid opening) to use.When opening the Instant Pot lid, there are two ways. And they are:

- **Natural Release**(NR)– the natural release allows for continued cooking even when the pot is turned off already. You can do this by leaving the pot to release steam on its own, until the pressure gauge is down and safe to open. This is best for food with a lot of fluids like congee, porridge, stews, and soups. Large cuts of meat would also benefit from natural release.
- **Quick Release**(QR) – this is a method where you manipulate the pressure gauge to let out steam faster. Do this by simply moving the valve from sealing into the venting position. This will make a loud noise and steam comes out fast and furious. You will know that the pressure is fully released when the float valve (that small silver button beside the knob that you just moved to venting) has dropped. You will also know it's safe to open the lid when the lid unlocks open. If it does not, you have to wait. Remember, never to pry the lid off. The QR method is best for foods that are quick-cooking like delicate seafood and vegetables.

Some Great Reminders

- Always aim for a cup of liquid when cooking with your Instant Pot. It doesn't matter if it is a combination of wine, water, vinegar, or soy sauce—so long as it reaches a cup.
- The thicker the liquid the less steam it will generate and thus the pot may not reach the needed pressure to begin the cooking cycle. So, the best way to tackle this problem is to thin your liquid. After cooking, you can add a thickener while using the sautéing button and pressing twice to simmer. Cook and mix until thickened.
- You can start cooking your meat frozen. But, you need to make an adjustment, which is increasing the cooking time by around 50% of the suggested cooking time.
- Always save the pasta for last. When you are done stirring and mixing the ingredients, put the pasta on top of the sauce in an even layer, cover and cook. No need to mix.Once done cooking, your pasta is not stuck on the bottom of the pot from the high heat.

ALL YOU NEED TO KONW ABOUT THE WEIGHT WATCHERS DIET

What's great about the Weight Watchers Diet is that you can eat whatever type of food you want. There is not restriction —except for the amount of food consumed. Whether you want to eat ice cream, that cheesecake, or maybe a thick cut of juicy prime rib as long as you can make it then you can eat it. Also, Weight Watchers is one of the few diet programs that does not make you buy "their" pre-packaged meals. As a matter of fact, they do not even have pre-packaged meals to offer. That's why this eBook will be a big help to your journey to a leaner you.

The Premise Behind the Diet

So, what's behind this diet that makes people lose weight? The diet is based on a point system known as SmartPoints value. Various foods will have their equivalent SmartPoints value. Basically, junk foods that have no nutritional value but have high calories will have higher SmartPoints value; while filling and nutritious foods have a lower SmartPoints value.

Essentially, with the SmartPoints value the person is steered away from foods that are high in saturated fat and sugar. The higher the SmartPoints value of a food, the more it deters the person away from that food.

Each individual will have their own set of SmartPoints target that they can indulge in one day for the rest of a specified time. This is only given out once you have enrolled into the Weight Watchers program. And this calculation is based on a widely cited scientific calculation. On average, most members have around 30 SmartPoints target for each day. Aside from that, you are also given a weekly cushion of extra SmartPoints that you can use on any particular day of that week to splurge—especially if you are feeling extra ravenous that day.

Aside from food and as part of the program, members are also encouraged to do regular exercise and activity can be tracked with the FitPoints.

Combined together, eating in right proportions and exercising is the driver behind the Weight Watchers program.

Embracing Healthy Habits Long-Term

The Weight Watchers program is actually teaching you to incorporate healthy eating habits and regular exercise into your daily activities such that it becomes part of your nature and it will become a long-term habit (and no longer a commitment).

With the program, you are encouraged to shop and cook healthy foods. That's why this eBook was solely made for people like you in mind. To help you adjust to this new way of life. What's wonderful is that all the listed recipes in this eBook already has its SmartPoints value, so you do need to wonder and calculate. All of it is easy to prepare with step-by-step instructions to guide you. And more importantly, you have a hundred dishes to choose from so your palate can also have the adventure it seeks.

WEIGHT WATCHERS INSTANT POT SAUTEED RECIPES

Blended Spice on Sautéed Brussels Sprouts

(TotalTime: 15Min|Serves: 3)

SmartPoints:8

Ingredients

- Pepper and salt to taste
- ½ tbsp cayenne pepper
- 1 tbsp smoked paprika
- 1 tsp onion powder
- 2 tsps Garlic powder
- 1 tsp red pepper flakes
- 1 tbsp chopped almonds
- 4 strips thick bacon chopped
- 2 tbsps sesame oil
- 1 tbsp rice vinegar
- 2 tbsps sriracha sauce
- ¼ cup soy sauce
- 2 lbs. Brussels sprouts, halved

Directions

1. Press sauté button on Instant Pot.
2. Add almonds and bacon. Cook for 5 minutes or until bacon is browned on both sides.
3. Meanwhile, in a small bowl combine all spices, sesame oil, vinegar, sriracha sauce, and soy sauce. Mix well.
4. Once bacon is done cooking, stir in Brussels sprouts. Sauté for 5 minutes.

5. Pour in spiced sauce from step 3 and toss well to coat. Continue sautéing for another 5 minutes or until sprouts are to desired tenderness.
6. Serve and enjoy.

Sautéed Portobello in Balsamic Sauce

(TotalTime: 12Min|Serves: 2)

SmartPoints: 7

Ingredients

- Pepper and Salt to taste
- 3 tbsps balsamic vinegar
- 3 tbsps white wine, optional
- 1 lb fresh Portobello mushrooms, sliced
- 3 garlic cloves, crushed and minced
- 1/3 cup extra virgin olive oil

Directions

1. Push sauté button.
2. Add oil and garlic. Let it cook for two minutes.
3. Add mushrooms. Season with pepper and salt.
4. Sauté for 10 minutes or until mushrooms are soft and have changed color.
5. Once done cooking, turn Instant Pot off.
6. Pour in balsamic vinegar and white wine if using.
7. Toss well to coat and mix. Let it sit in the pot for another minute or two.
8. Transfer to a serving bowl and enjoy.

Stir Fried Broccoli and Beef

(TotalTime: 23 Min|Serves: 2)

SmartPoints: 16

Ingredients

- A dash of sesame oil
- ¼ tsp sugar
- 1/3 tsp five spice powder
- 1 tbsp + 1 tsp Shaoxing wine, divided
- ½ tbsp. oyster sauce
- 3tbsps vegetable or peanut oil, divided
- 1 tbsp dark soy sauce
- 2 tbsps light soy sauce
- 5 tbsps water
- 3 cloves garlic, minced
- 1 tbsp ginger, minced
- A dash of salt
- 1 tbsp corn starch
- 1 head broccoli, chopped into large florets
- 1 lb flank steak, thinly sliced

Directions

1. In a large bowl, mix well sesame oil, sugar, five spice powder, 1 tsp Shaoxing wine, oyster sauce, 1 tbsp vegetable or peanut oil, dark soy sauce, light soy sauce, and water. Mix well. Transfer 1/3 of the mixture in a small bowl.
2. Add the thinly sliced beef and corn starch in the remaining sauce and marinate for 20 minutes.
3. Press sauté button. And wait until indicator shows HOT.
4. Add a tbsp. of vegetable or peanut oil and let it heat for 5 minutes or until smoking hot.

5. Add the beef and stir fry for 3 minutes. Transfer to a plate.
6. Add the remaining oil. Stir in ginger and garlic. Sauté for 2 minutes.
7. Add broccoli and stir fry for 5 to 8 minutes or until desired tenderness is reached.
8. Return beef to pot and toss to mix well.
9. Pour the reserved marinade in pot and toss well to coat broccoli and beef.
10. Continue sautéing for another 5 minutes.
11. Turn off pot, transfer to serving plates, and enjoy.

Stir Fried Green Beans and Beef

(TotalTime: 13Min|Serves: 3)

SmartPoints: 20

Ingredients

- Pepper and salt to taste
- 6 tbsps Chinese 5 spice
- 1 tbsp Worcestershire sauce
- 6 tbsps soy sauce
- 1 tbsp olive oil
- 100-ml Beef Stock
- 2-cm fresh ginger, peeled
- 6 garlic cloves, smashed, peeled, and chopped
- 6 spring onions, chopped into ¼-inch lengths
- 1 medium white onion, peeled and chopped
- 1 handful green beans, ends snapped and chopped in 2
- 1-lb thinly sliced beef

Directions

1. Press sauté button on Instant Pot.
2. Once it says hot, add oil.
3. Add garlic and stir fry for a minute. Add ginger and onions, sauté for 2 minutes.
4. Add Chine 5 spice and sauté for 30 seconds.
5. Add Beef and Worcestershire sauce. Stir fry for 5 minutes.
6. Season with pepper and salt.
7. Add green beans and beef stock. Continue sautéing for 5 minutes until beans are seared and tender. While sautéing, deglaze pan.

8. Once done, turn off pot and transfer to serving bowls and enjoy.

Stir Fried Chicken Teriyaki

(TotalTime: 18Min|Serves: 6)

SmartPoints: 11

Ingredients

- 2 green onions sliced thinly
- 3 cups Asparagus, cut into bite sized pieces
- 3 bell peppers, diced
- 1 onion, diced
- 1 ½ tbsps Sesame seeds
- ¼ cup raw honey
- ½ cup coconut aminos
- 1 tsp minced garlic
- Pepper and salt to taste
- 3 chicken breasts, cubed
- 1 tbsp oil

Directions

1. Press sauté button and wait until it says hot.
2. Add oil and wait a minute before adding garlic. Sauté until browned, around 1 minute.
3. Add onion and sauté for 2 minutes.
4. Add chicken. Season with pepper and salt. Stir fry for 5 minutes.
5. Add asparagus, bell peppers, and coconut aminos. Stir fry for to 8 minutes.
6. Add green onions, honey and sesame seeds.
7. Toss well to coat and cook for 3 minutes more while tossing around frequently.
8. Serve and enjoy.

Stir Fried Peas and Cabbage

(TotalTime: 13Min|Serves: 3)

SmartPoints: 6

Ingredients

- 1 tsp salt
- ¼ tsp cayenne pepper or to taste
- 1 tsp coriander
- ¼ tsp turmeric
- 1 teaspoon amchur or dry mango powder
- 1 tomato medium sized, chopped
- 4 garlic cloves, smashed, peeled, and minced
- ½ tsp mustard seeds
- 1 tbsp oil
- 1/2 cup green peas, frozen
- 1 cabbage medium sized, chopped

Directions

1. Press sauté button and wait until pot is hot.
2. Add oil and swirl to coat bottom of pot.
3. Add garlic and sesame seeds. Sauté for a minute.
4. Add salt, cayenne pepper, coriander, turmeric, amchur or dry mango powder, and chopped tomato. Sauté for 2 minutes.
5. Add peas. Cook for a minute.
6. Add cabbage. Toss well to mix. Continue to stir fry for 10 minutes, until cabbage is wilted.
7. Serve and enjoy.

Asian Style Stir Fried Chicken

(TotalTime: 15Min|Serves: 2)

SmartPoints:16

Ingredients

- 1 tbsp sesame seeds
- 1 tsp crushed pepper
- 3 tsps water
- 2 tsps cornstarch
- 1 tbsp minced garlic, dried
- ¼ cup tamari or gluten free soy sauce
- ¼ cup honey
- 1 ½-lbs skinless chicken breast, cut into ½-inch thin long strips
- 1 tbsp soy sauce

Directions

1. Press sauté button and wait until pot says hot.
2. While waiting, in a small bowl mix water and cornstarch and set aside.
3. Add oil and chicken to pot and stir fry for 7 minutes.
4. Add pepper, soy sauce, sand tamari. Continue cooking for 5 more minutes while stirring every now and then.
5. Add honey and toss well to coat.
6. Stir the bowl or cornstarch mixture and pour in pot while stirring vigorously. Continue stirring and cooking until sauce has thickened.
7. Transfer to bowls and sprinkle with sesame seeds and dried garlic.

Stir Fried Gingered Vegetable

(TotalTime: 15Min|Serves: 6)

SmartPoints:5

Ingredients

- 1 head broccoli, cut into florets
- 1.5-oz can water chestnuts, drained
- 1 Chinese eggplant, cut into ½-inch slices
- 1 zucchini, cut into large wedges
- 4 garlic cloves, smashed, peeled, and minced
- 1 yellow bell pepper, cut into large chunks
- 1 red bell pepper, cut into large chunks
- 1 onion, cut into large chunks
- 2 tbsps vegetable oil
- 1 tbsp ginger, grated
- 2 tbsps sriracha, or to taste
- 2 tbsps cornstarch
- 2 tbsps brown sugar
- 2 tbsps brandy
- ½ cup low-sodium soy sauce

Directions

1. Press sauté button and wait until it says hot.
2. Meanwhile, in a medium bowl mix well ginger, sriracha, cornstarch, brown sugar, brandy, and soy sauce. Set aside.
3. Once hot add oil and stir to coat pot. Add garlic and cook for a minute.
4. Add bell peppers and onion. Sauté for 3 minutes.
5. Add eggplant and zucchini. Stir fry for 3 minutes.
6. Add broccoli and chestnuts. Stir fry for 2 minutes.
7. Pour in the ginger mixture and toss well to coat.

8. Continue cooking vegetables for another 5 minutes or until desired tenderness is reached. If sauce gets too thick, add a splash of water and stir well to mix.
9. Transfer to bowls and sprinkle with sesame seeds before enjoying.

Nutritious Stir Fried Green Beans

(TotalTime: 8Min|Serves: 4)

SmartPoints:3

Ingredients

- Pepper to taste
- 3 cloves garlic, minced
- 1 tbsp cooking oil
- 1 tbsp water
- 1 tbsp oyster sauce
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tsp sesame seed oil
- 1-lb green beans, cut into 2-inch length slices
- 1 tbsp cilantro, chopped, optional

Directions

1. Press sauté button and wait until it says hot.
2. Meanwhile, in a small bowl mix well water, oyster sauce, rice vinegar, soy sauce, and sesame seed oil. Set aside.
3. Add oil to pot stir to coat bottom of pot.
4. Add garlic and sauté for a minute.
5. Add beans and stir fry for 4 minutes.
6. Pour in sauce and toss well to coat. Continue tossing around while cooking for another 2 minutes.
7. Add pepper and chopped cilantro if using. Toss well and heat for a minute.
8. Transfer to serving bowls and enjoy.

Stir-Fried Sesame Shrimp

(TotalTime: 15Min|Serves: 3)

SmartPoints: 9

Ingredients

- ¼ tsp salt
- ¾ cup chicken broth
- 1/8 cup cornstarch
- 1/2 -pound sugar snap peas
- 3 tbsps teriyaki sauce
- 3 green onions, sliced
- 1 red bell pepper, sliced into thin strips
- 2 tbsps sesame oil
- ¼ tsp ground black pepper
- 1 tbsp sesame seeds
- 1 clove garlic, minced
- ¼ tsp cayenne pepper
- ¼ tsp ground ginger
- 1-lb medium shrimp, peeled and deveined

Directions

1. In a large bowl mix black pepper, sesame seeds, cayenne pepper. Ginger, and shrimp. Mix well and let it marinate for at least 30 minutes.
2. When ready, press sauté button and wait until it says hot.
3. Add oil and heat for a minute. Swirl to coat pot.
4. Add green onions and bell pepper. Stir fry for 4 minutes.
5. Add shrimp, peas, and teriyaki sauce.
6. Stir fry for 5 minutes or until shrimps are slightly opaque.

7. In a bowl, mix broth and cornstarch. Pour into pot and mix well.
8. Add salt.
9. Continue mixing and cooking until sauce has thickened.
10. Serve and enjoy.

WEIGHT WATCHERS INSTANT POT SOUP RECIPES

Minestrone

(TotalTime: 15 Min|Serves: 8)

SmartPoints: 8

Ingredients

- 3 bay leaves
- 3 cups fresh spinach tightly packed
- 8 cups low-sodium vegetable broth
- 1 15-oz can cut green beans, no salt added, drained and rinsed
- 1 15-oz can black beans, no salt added, drained and rinsed
- 1 15-oz can red kidney beans, no salt added, drained and rinsed
- 1 cup small elbow pasta
- 2 14.5-oz cans San Marzano diced tomatoes
- 1 tsp pepper
- 1 tsp salt
- 1 tsp dried rosemary
- 1 tsp oregano
- 1 tsp dried thyme
- 1 tsp dried basil
- 1 ½ cups zucchini diced
- 1 cup celery, chopped
- 1 cup carrots, peeled and sliced
- 2 tbsps tomato paste
- 8 garlic cloves, minced
- 1 large sweet onion, diced
- 4 tbsps olive oil

Directions

1. Press sauté button and wait for it to say hot.
2. Add oil and stir to coat pot.

3. Stir in tomato paste, zucchini, celery, carrot, garlic, and onion. Sauté for 5 minutes.
4. Add pepper, salt, rosemary, oregano, thyme, and basil. Continue sautéing for 2 minutes.
5. Stir in diced tomatoes, cut green beans, black beans, red beans, and pasta. Mix well.
6. Add bay leaves and broth. Mix well.
7. Close cover and press manual button. Cook on high for 5 minutes.
8. Once done, do a natural release for ten minutes and then do a quick release.
9. Immediately stir in spinach and let it sit for 2 minutes before transferring to serving bowls.

Creamy Tomato Soup

(TotalTime: 30Min|Serves: 6)

SmartPoints: 16

Ingredients

- Pepper, salt, and sugar to taste
- A inch of dried thyme
- A pinch of dried basil
- 2 tbsps jasmine rice
- 2 tbsps fish sauce
- 1 tbsp unsalted butter
- 4 tbsps olive oil, divided
- ½ cup heavy cream
- 1 carrot, peeled and chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 3 cups unsalted chicken stock
- 3 pounds roma tomatoes, cut in half horizontally
- ½ cup heavy whipping cream

Directions

1. Press sauté button and once it says hot add a tbsp. of olive oil and place tomatoes cut side down in pot. Do this in a single layer and if needed in several batches. Brown one side of the tomato for 4 minutes per batch and transfer to a bowl.
2. Once all tomatoes are browned, add butter in pot. Once melted add garlic and sauté for two minutes.
3. Add onions and continue sautéing for 5 minutes until softened.
4. Add carrots and sauté for 2 minutes.

5. Add a pinch of dried thyme and dried basil and sauté for a minute.
6. Add jasmine rice and the browned tomatoes.
7. Stir in chicken stock and fish sauce.
8. Season to taste with pepper, salt, and sugar. Mix well.
9. Cover, press manual button, cook for 3 minutes on high pressure.
10. Do a natural release for ten minutes before doing a quick release and turn pot off.
11. With an immersion blender, blend soup to desired thickness, creaminess, and consistency.
12. Immediately stir in heavy cream. Mix well. Adjust seasoning, serve, and enjoy.

Comforting Chicken Noodle Soup

(TotalTime: 32Min|Serves: 4)

SmartPoints: 7

Ingredients

- Pepper and salt to taste
- 6 cups chicken stock
- 1 celery stalk, chopped
- 2 medium carrots, chopped
- 1 bay leaf
- 6 white button mushrooms, chopped
- 4 garlic cloves, minced roughly
- 1 small onion, diced roughly
- 2 boneless, skinless chicken breasts, cut into ½-inch cubes
- 1 tbsps lemon juice
- ¼ cup Italian parsley, finely chopped

Directions

1. Press sauté button and wait for Instant Pot to say hot.
2. Once hot, add oil and stir around to coat pot with oil.
3. Add garlic and cook for a minute. Add onions and continue cooking for 3 minutes.
4. Add mushrooms. Season with pepper and salt. Sauté for 10 minutes or until the juice given off by the mushrooms have evaporated.
5. Add celery, chopped carrots, and bay leaf. Mix well and cook for 3 minutes.
6. Pour in chicken stock and deglaze pot before closing.
7. Press manual button and cook for 7 minutes on high pressure.

8. Do a natural release for 8 minutes and then do a quick release.
9. To serve, garnish each bowl with parsley and lemon juice.

Satisfying Potato Soup

(TotalTime: 15Min|Serves: 8)

SmartPoints: 22

Ingredients

- 1 green onion chopped
- ½ cup real bacon bits
- 1-2 cups milk, depending on how thin you want the soup
- 1/8 tsp pepper
- ¼ tsp salt
- 2 cups shredded cheddar cheese
- 1/3 cup sour cream
- 1/3 cup softened cream cheese
- 4 tbsps butter
- 6 cups chicken broth
- 1 large shallot, minced
- 5-lb bag of potatoes, peeled and cubed

Directions

1. Add cubed potatoes in pot and fill with water enough to cover the potatoes, but no more than 2/3s of the pot.
2. Add shallots.
3. Cover, press manual setting, and cook for 10 minutes on high pressure.
4. Do a quick release. Drain potatoes, return potatoes in pot, and mash. Do not turn off pot, just keep it to warm.
5. Immediately mix in pepper, salt, cheddar cheese, sour cream, and cream cheese. Mix well.
6. Stir in as much milk as you want to achieve a thinner consistency. If you want thick and creamy, just start with ½ cup of milk and slowly add from there.

7. Adjust seasoning to taste.
8. To serve, garnish with bacon bits and green onions.

East Meets West Noodle Soup

(TotalTime: 35Min|Serves: 8)

SmartPoints: 18

Ingredients

- 1 cup thinly sliced baby spinach
- 1 large carrot, peeled and grated
- 8-oz dried ramen noodles
- Pepper and salt to taste
- 8 cups water
- 2 tbsps soy sauce
- 1 whole chicken (3-4 lbs), giblets discarded,
- 8-oz fresh mushrooms, minced
- 1 tsp freshly grated ginger
- 1 tbsp sesame oil
- 2 tsps Sesame seeds, divided
- 4 Soft boiled egg, peeled and halved

Directions

1. Press sauté button. Once it says hot, add oil and swirl to coat pot.
2. Add garlic and sauté for a minute.
3. Add chicken, soy sauce, and mushroom.
4. Season with pepper and 2 tsps salt.
5. Cover, press manual button, cook on high for 20 minutes.
6. Do a quick release, remove whole chicken and let it cool.
7. Press sauté button and add noodles in pot. Cook for 10 minutes or until tender.

8. Meanwhile, begin to shred chicken with two forks. Discard bones.
9. Once noodles are nearly soft, return chicken to pot. Add spinach and carrots. Mix well.
10. Adjust seasoning to taste.
11. To serve, evenly transfer into 8 bowls, garnish each bowl with ½ soft-boiled egg, and ¼ tsp of sesame seeds.

Creamy Cauliflower and Butternut Soup

(TotalTime: 15Min|Serves: 5)

SmartPoints: 8

Ingredients

- ½ cup heavy cream
- ¼ tsp salt
- ¼ tsp red pepper flakes, or more if desired
- ½ tsp dried thyme
- 1 tsp paprika
- 2 cups vegetable broth
- 1-lb. butternut squash, cubed
- 1-lb. cauliflower
- 3 cloves garlic, minced
- 2 tsps oil
- 1 onion, diced
- Sour cream for garnish
- Chopped green onions, for garnish

Directions

1. Press sauté and wait for pot to indicate hot.
2. Add oil and swirl to cover bottom of pot.
3. Add garlic and sauté for a minute. Add onions and sauté for 5 minutes or until golden.
4. Add pepper flakes, thyme, and paprika. Sauté for a minute.
5. Add butternut squash, mix well, and cook for 2 minutes.
6. Add cauliflower and mix well.
7. Pour in broth, mix well.
8. Cover, press manual button, cook for 5 minutes on high.

9. Do a quick release.
10. With an immersion blender, puree soup, and immediately stir in cream.
11. To serve, transfer evenly to bowls, add a dollop of sour cream, and a sprinkle of green onions per bowl.

Barley and Beef Soup

(TotalTime: 35Min|Serves: 6)

SmartPoints: 19

Ingredients

- 2/3 cup pearl barley, rinsed
- 1 large potato, shredded
- ½ tsp dried thyme
- 2 bay leaves
- 1 cup water
- 6 cups low-sodium beef broth
- 8 cloves garlic, minced
- 1 onion, chopped
- 3 cups mirepoix
- 10 baby Bella mushrooms, quartered
- 2 tbsps oil
- Pepper and salt to taste
- 1 ½-lbs stew meat, sliced into 1-inch cubes

Directions

1. Press sauté button and wait for indicator to sow hot.
2. Meanwhile, season beef with salt.
3. Once pot is hot, add oil and swirl to cover bottom of pot. In 2 batches, brown beef, around 6 minutes in total per batch. Once done browning, transfer to a large bowl and continue browning the next batch and put in the bowl afterwards.
4. Add garlic and sauté for a minute. Add onions and continue cooking for 3 minutes.
5. Add mushrooms and sauté for 3 minutes.
6. Add thyme and bay leaves and sauté for a minute.
7. Add mirepoix and sauté for 2 minutes.

8. Pour in water and beef broth. Stir in barley and potatoes.
9. Cover, press manual button, cook for 15 minutes on high pressure.
10. Once done, do a quick release, mix well, adjust seasoning, and serve.

Vietnamese Pho

(TotalTime: 45Min|Serves: 6)

SmartPoints: 19

Ingredients

- 6 cups water
- 1 tsp ground cardamom
- 4 whole star anise
- 2 tsp salt
- 1 tsp whole black peppercorns
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- 1 tbsp apple cider vinegar
- 2 knob of ginger, sliced in half
- 2 cloves garlic, peeled
- 2 medium onions, sliced in half
- 4-lbs beef bones
- 1 bunch cilantro
- 1 bunch basil
- 1 box rice noodles, cooked according to package instructions
- 1 cup bean sprouts
- 1 lime, cut into wedges
- ½-lb sirloin steak, very thinly sliced
- Fish sauce to taste

Directions

1. On Instant pot, add water, cardamom, star anise, salt, peppercorns, coriander, cinnamon, vinegar, garlic, ginger, onions, and beef bones.
2. Cover, press manual button, cook for 45 minutes on high.

3. Meanwhile, you can cook your noodles according to package instructions.
4. Set out 6 bowls and evenly divide noodles in them. Top each bowl with 1/6 of cilantro, basil, bean sprouts, and thinly sliced steak.
5. Once the broth is done cooking, do a quick release.
6. While broth is still boiling hot, scoop and pour on prepared bowls. This will cook the thinly sliced beef.
7. Serve lime wedges and fish sauce on the side.

Easy Peasy Carrot Soup

(TotalTime: 15Min|Serves: 4)

SmartPoints: 14

Ingredients

- Salt to taste
- 1 tbsp red curry paste
- ¼ cup peanut butter
- 1 ½ cups chicken broth
- 1 14-oz can coconut milk
- Cloves garlic, peeled
- 1 onion, chopped
- 8 large carrots, peeled coarsely chopped

Directions

1. In pot, add all ingredients.
2. Cover, press manual, cook on high for 15 minutes.
3. Do a quick release and with an immersion blender, puree soup.
4. Adjust seasoning to taste.
5. If desired, serve with a sprinkle of parsley.

Copycat Zuppa Toscana Recipe

(TotalTime: 20Min|Serves: 6)

SmartPoints: 19

Ingredients

- ¾ cup heavy cream
- 2 cups fresh kale, torn to bite sized pieces
- ¼ cup water
- 6 cups chicken broth
- 3 large russet potatoes, unpeeled
- 4 cloves garlic, minced
- 1-lb ground mild Italian sausage
- 1 medium onion, diced
- 2 tbsps olive oil

Directions

1. Press sauté and wait until indicator says hot.
2. Add oil and swirl to coat bottom of pot.
3. Sauté garlic for a minute. Add onions and continue cooking for 3 minutes.
4. Add Italian sausage. Cooking and pounding to break up the pieces. Cook for 5 minutes.
5. Pour in water and chicken broth. Stir in potatoes.
6. Cover, press manual button, and cook for 5 minutes on high.
7. Do a quick release. Keep pot at warm function.
8. Immediately stir in kale. Let it sit for 3 minutes.
9. Stir in cream, serve, and enjoy.

WEIGHT WATCHERS INSTANT POT PASTA AND RICE RECIPES

Traditional American Mac and Cheese

(TotalTime: 12Min|Serves: 6)

SmartPoints: 26

Ingredients

- 1 tsp ground mustard
- 1 tsp Sriracha
- 12-oz evaporated milk
- 2 large eggs, beaten
- Pepper and salt to taste
- 6-oz American cheese, grated
- 14-oz sharp cheddar, grated
- 4 tbsps unsalted butter
- 4 cups cold running water
- 16-oz elbow macaroni

Directions

1. Add water, macaroni, and a dash of salt in pot.
2. Cover, press manual and cook on high for 4 minutes.
3. Meanwhile, in a large bowl, beat the eggs. Stir in sriracha and ground mustard, mix well. Pour in milk and mix thoroughly.
4. Do a quick release, drain macaroni, and return to pot.Keep Instant Pot at warm function.
5. Immediately after returning the pasta in the pot, add the butter and let it melt while mixing.
6. Then pour in the milk mixture. Toss and mix well to coat.

7. Press sauté button. Add the cheese. Cook for another 5 minutes while mixing constantly.
8. Season with pepper and salt.
9. Serve and enjoy.

Pasta Bolognese

(TotalTime: 25Min|Serves: 8)

SmartPoints: 10

Ingredients

- 1 tbsp Worcestershire sauce
- 1 tbsp fish sauce
- 2 tbsps light soy sauce
- 5.5-fl. oz. tomato paste
- 1 cup unsalted chicken stock
- 2 cups water
- Olive oil
- Pepper and salt to taste
- A pinch of dried basil
- A pinch of dried oregano
- A dash of sherry wine
- 1 small onion, sliced
- 1 celery, chopped
- 3 cloves garlic, minced
- 12 white mushrooms, sliced
- 1-lb penne rigate
- ½-lb ground beef

Directions

1. Press sauté button and wait for indicator to turn hot.
2. Add oil and swirl to coat bottom.
3. Add garlic and sauté for a minute. Add onions and sauté for 3 minutes. Add dried basil and oregano and sauté for a minute.
4. Add beef and brown for 8 minutes, while pounding to separate the pieces.

5. Add celery and mushrooms. Season with pepper and salt. Mix well.
6. Spread pasta on top of meat. Spread tomato paste on top of pasta.
7. Pour in Worcestershire sauce, fish sauce, light soy sauce, water, and chicken stock. No need to mix.
8. Cover, press manual button and cook for 4 minutes on high.
9. Do a natural release for 5 minutes and then do quick release.
10. Stir the pasta. Check for doneness and if you want it more tender, just close the lid again and let it sit for 5 more minutes.
11. Then serve and enjoy with a sprinkle of parmesan cheese.

Comfort Food: Traditional Spaghetti

(TotalTime: 20 Min|Serves: 6)

SmartPoints: 8

Ingredients

- 1 14.5-oz can diced tomatoes
- 4 ½ cups water
- 1 24-oz Jar spaghetti sauce
- 1-lb spaghetti noodles
- ½ tsp Italian seasoning
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp salt
- 1-lb lean ground beef

Directions

1. Push sauté button and wait until indicator says hot.
2. Brown ground beef for 8 minutes, while pounding to separate the pieces.
3. Season with Italian seasoning, onion powder, garlic powder, and salt.
4. Pour in diced tomatoes and spaghetti sauce. Mix well.
5. Pour in water and mix.
6. Break pasta in half and place on top of sauce.
7. Cover, press manual button and cook for 8 minutes on high.
8. Do a quick release and stir pot.
9. Best enjoyed when hot and with a sprinkle of Parmesan cheese.

Easy Ground Beef Stroganoff

(TotalTime: 30Min|Serves: 4)

SmartPoints: 17

Ingredients

- 1 cup sour cream 3 cups egg noodles, uncooked
- 3 cups beef broth
- 1 tbsp flour
- 2 tbsps water
- 1 10.5-oz can cream of mushroom
- ¼ tsp pepper
- 1 tsp salt
- 1-lb. ground beef
- 1 clove garlic, minced
- ½ cup minced onion

Directions

1. Press sauté and wait for indicator to turn hot.
2. Spray bottom and sides of pot with cooking spray.
3. Add garlic and sauté for a minute. Add onions and sauté for 2 minutes.
4. Add beef and brown for 10 minutes.
5. Season with pepper and salt.
6. Pour in broth and cream of mushroom. Mix well.
7. Add noodles.
8. Cover, press manual button, cook for 8 minutes on high.
9. Meanwhile, in a bowl mix water and flour. Set aside.
10. For 5 minutes, do a natural release and then do a quick release. Keep pot in warm mode.
11. Stir in flour mixture and continue mixing until thickened.

12. Stir in sour cream, serve, and enjoy.

Lip-Smacking Pesto Pasta

(TotalTime: 10 Min|Serves: 6)

SmartPoints: 9

Ingredients

- Pepper and salt to taste
- 1 tsp Basil
- 2 tsps olive oil
- ¾ cups cherry tomatoes, halved
- ¾ cups prepared pesto
- 16-oz organic pasta

Directions

1. In a large bowl, mix halved tomatoes, pesto, olive oil, pepper, and salt to taste. Toss well to mix and set aside.
2. Add pasta in pot. Add water until pasta is barely submerged in water, around 2 ½ cups of water.
3. Cover and cook on manual for 6 minutes at high pressure.
4. Do a quick release and drain water from pasta.
5. Return pot of pasta inside instant pot and press sauté button.
6. Pour in the pesto mixture and toss well to coat pasta. Do this for 3 minutes.
7. Adjust seasoning to taste.
8. Serve and enjoy while warm.

Pasta Creole Style

(TotalTime: 17Min|Serves: 6)

SmartPoints: 10

Ingredients

- 16-oz pasta
- 1 28-oz jar Pasta sauce
- 1 tsp Cajun seasoning
- 2 bell peppers, sliced
- 2 medium onions, sliced
- 1-lb smoked sausage, sliced
- 1 tbsp olive oil

Directions

1. Press sauté button and wait for indicator to say hot.
2. Add oil and swirl to coat bottom and sides of pot.
3. Add sausage and sauté for 5 minutes or until lightly browned. Transfer to a plate.
4. Add onions to pot and sauté for 3 minutes.
5. Add bell peppers and continue sautéing for another 3 minutes.
6. Add Cajun seasoning and sauté for a minute.
7. Return sausage to pot and add pasta sauce. Mix well.
8. Add pasta and stir to mix.
9. Cover, press manual button, cook for 6 minutes on high pressure.
10. Do a quick release.
11. Serve with a sprinkle of Parmesan cheese if desired.

Spiced Rice with Chicken and Coconut

(TotalTime: 30Min|Serves: 5)

SmartPoints: 13

Ingredients

- 1 lime, divided
- 1 ½ tsps. Sugar
- 2 tbsps cilantro leaves and stems, stems separated
- 1 1/3 cups jasmine rice, rinsed
- ½ cup water
- 1 14-oz can light coconut milk
- Pepper and salt to taste
- 2-lbs skin on, bone-in chicken thighs
- 1 tsp ground turmeric
- 1 tbsp curry powder
- 3 medium garlic cloves, minced
- 1-inch piece ginger, peeled and cut into thin sliced
- 1 onion, cut into ¼-inch slices
- 1 tbsp extra-virgin olive oil

Directions

1. Press sauté and wait or indicator to say hot.
2. Add oil and swirl to coat side and bottom of pot.
3. Add chicken and brown each side for 4 minutes. Transfer to a plate.
4. Sauté garlic for a minute. Add ginger and onions and sauté for 4 minutes.
5. Stir in turmeric and curry powder. Sauté for a minute.
6. Add chicken, water, and half of coconut milk.
7. Season with pepper and salt.

8. Cover, press manual, and cook for 13 minutes on high.
9. Do a quick release and fish out the chicken.
10. In pot, add sugar, cilantro stems, rice and remaining coconut milk.
11. Cover, press manual, cook for 4 minutes on high.
12. Meanwhile, remove the bones and skin from the chicken and discard. Chop chicken meat roughly.
13. Do a quick release.
14. Stir in chicken meat, remaining cilantro and juice of half a lime. Adjust seasoning to taste.
15. Toss well to mix.
16. Transfer to serving plate, serve, and enjoy with slices of lime.

Instant Rice Chinese Style

(TotalTime: 10Min|Serves: 4)

SmartPoints: 15

Ingredients

- 1 tsp Chinese 5-spice powder
- 1 tbsp ginger, shredded
- A dash of white pepper
- 1 tsp Shaoxing rice wine
- ½ tsp corn starch
- ½ tsp sugar
- 1 tsp dark soy sauce
- 1 tbsp light soy sauce
- 1 ½ cups water
- 1 tsp salt
- 1 ½ cups Jasmine rice, rinsed
- 8 chicken drumsticks
- 6 dried shiitake mushrooms

Directions

1. In a bowl of cold water, submerge shiitake mushrooms to rehydrate for 20 minutes.
2. Make two deep and diagonal slices on two sides of each drumstick.
3. In a large bowl mix Chines 5-spice powder, ginger, white pepper, rice wine, corn starch, sugar, light and dark soy sauce. Mix well. Add chicken and marinate for 20 minutes.
4. Once done marinating and rehydrating, place rice on bottom of pot.
5. Add salt, water, mushrooms, and marinated drumsticks.
6. Cover, press manual, cook for 9 minutes on high.

7. For 15 minutes, do a natural release. Then do a quick release to open pot.
8. Toss well to mix and serve.

Chicken and Rice Burrito Style

(TotalTime: 20Min|Serves: 6)

SmartPoints: 19

Ingredients

- ¼ cup coarsely chopped cilantro
- ½ cup shredded sharp cheddar cheese
- 1 14.5-oz jar salsa
- 1 cup frozen corn kernels
- 1 15-oz can black beans, drained and rinsed
- 1 cup long grain white rice
- Pepper and salt to taste
- 1 ½-lbs boneless, skinless chicken thighs cut into 1-inch cubes
- 1 cup low-sodium chicken broth, divided
- 1 ½ tsps. Ground cumin
- 1 tbsp chili powder
- 2 cloves garlic, minced
- 1 medium onion, diced
- 1 ½ tbsps. Vegetable oil

Directions

1. Press sauté button and wait for indicator to say hot.
2. Add oil, swirl to coat bottom and let it heat up for two minutes.
3. Add garlic, cook for a minute. Add onions and cook for 4 minutes until soft.
4. Add cumin and chili powder, sauté for a minute.
5. Add ¼ cup chicken broth and deglaze pot. Heat for 2 minutes.
6. Add remaining broth, salsa, corn, beans, rice, and chicken.

7. Season with pepper and salt. Mix well.
8. Cover, press manual and cook on high for 10 minutes.
9. Do a quick release.
10. Serve with a sprinkle of cilantro and cheese.

Rice and Chicken Taco Style

(TotalTime: 12 Min|Serves: 8)

SmartPoints: 20

Ingredients

- 1 tbsp cilantro, chopped
- 4 tbsps cheddar cheese, shredded
- 3 cups chicken broth
- 3 cups jasmine rice, rinsed
- 1 15.5-oz jar salsa
- 1 12-oz bag frozen corn
- 1 15-oz can black beans, drained and rinsed
- 2 packets taco seasoning
- 4 boneless, skinless breasts

Directions

1. Layer the following in Instant Pot: chicken seasoned with 1 packet of taco seasoning. Top with beans and corn. Pour broth. Add salsa on top. Then topped with rice and the last packet of taco seasoning.
2. Cover, press manual button and cook for 12 minutes on high.
3. Do a quick release.
4. Take the chicken out and shred with two forks.
5. Return to pot and toss well to mix.
6. To serve, sprinkle cilantro and cheese on top.

Cilantro Lime Rice Chipotle Style

(TotalTime: 10Min|Serves: 4)

SmartPoints: 5

Ingredients

- 3/12 tbsps fresh lime juice
- ½ cup roughly chopped cilantro, lightly packed
- 1 cup water
- A pinch of salt
- 1 cup uncooked white rice

Directions

1. Rinse rice by placing it in a strainer and running water through it. Shake off excess water and place in Instant Pot.
2. Add salt and water.
3. Cover and press rice button and adjust the cooking time to 10 minutes.
4. Do a natural release.
5. Once ready to be opened, open pot.
6. Stir in lime juice and cilantro.
7. Toss well to mix.
8. Serve with your favorite meat dish.

Brown Rice South-West Style

(TotalTime: 15Min|Serves: 4)

SmartPoints: 21

Ingredients

- ¼ cup chopped fresh cilantro
- 2 cups shredded cheese
- ½ tsp black pepper
- 1 tsp salt
- 2 tsps dried oregano
- 1 tbsp taco seasoning
- 1 4-oz can diced chilies
- 1 15-oz can petite diced tomatoes
- 2 ½ cups Bob's Red Mill brown lentils
- ¾ cup Bob's Red Mill brown rice
- 4 garlic cloves, minced
- ½ red bell pepper, diced
- ½ red onion, minced

Directions

1. In Instant Pot, except for cilantro, add all ingredients and mix well.
2. Cover, press manual and cook for 15 minutes on high.
3. For 15 minutes do a natural release and if needed do a quick release to open pot.
4. Toss well the rice to mix.
5. To serve, sprinkle with cilantro and enjoy.

Veggie, Shrimp, and Lemon Risotto

(TotalTime: 30Min|Serves: 4)

SmartPoints: 10

Ingredients

- Pepper and salt to taste
- 1 tbsp butter
- ½ lemon juice
- 1 tbsp parsley, chopped
- ½ white onion, chopped
- 3 garlic cloves, minced
- ½ cup dry white wine
- 3 ½ cups low-sodium chicken broth
- 1 bunch asparagus, chopped into bite-sized pieces
- 1 cup fresh spinach
- 2 tsps olive oil
- ½ cup parmesan cheese, shredded
- 1-lb shrimp, peeled and deveined
- 1 ½ cups Arborio rice

Directions

1. Press sauté button and wait for indicator to say hot.
2. Add 1 tsp oil and swirl to coat sides and bottom.
3. Add asparagus and sauté for 3 minutes. Transfer to a bowl.
4. Add garlic and onions. Sauté for 4 minutes.
5. Add butter and melt for 2 minutes.
6. Add rice and mix to coat with butter.
7. Add chicken broth. Season with pepper and salt. And then stir in cheese.

8. Cover, press manual button and cook for 8 minutes on high.
9. Do a quick release. Transfer rice to a bowl.
10. Press sauté button and add remaining oil.
11. Sauté shrimps for 5 minutes.
12. Add veggies and sauté for 4 minutes or until wilted.
13. Return rice. Toss well to mix.
14. Serve with a sprinkle of parsley and a drizzle of lemon juice.

Cajun Rice

(TotalTime: 12Min|Serves: 5)

SmartPoints: 11

Ingredients

- 2 cups chicken broth
- 1 bell pepper, cut into large chunks
- 1 ½ cups rice
- 1 tbsp tomato paste
- 3 garlic cloves, minced
- 1 small onion, diced
- 1 tbsp olive oil
- 3 tsps Cajun seasoning, divide
- 1 lb. chicken breast, halved lengthwise

Directions

1. Press sauté button and wait for indicator to say hot.
2. Meanwhile, season chicken breast with 2 tsps Cajun seasoning.
3. Add oil to pot and swirl to coat bottom and sides.
4. Add garlic, sauté for a minute.
5. Add onions and sauté for 3 minutes.
6. Add chicken broth, bell pepper, rice, remaining Cajun seasoning, and tomato paste. Mix well.
7. Add chicken breasts and spread in an even layer.
8. Cover, press manual button, and cook for 7 minutes on high.
9. For 5 minutes, do a natural release. Then immediately do a quick release.

10. Remove chicken and shred with two forks. Return to pot and mix well.
11. Serve and enjoy.

Chicken Pasta Florentine

(TotalTime: 15Min|Serves: 2)

SmartPoints: 25

Ingredients

- 1 tbsp Italian seasoning
- Salt to taste
- 4 tbsps Parmesan cheese
- 4-oz sliced Mozzarella cheese
- 2 cloves garlic minced
- 16-oz noodle pasta, broken in half
- 8 cups baby spinach
- 2 cans of cream of mushroom soup
- 4 cups chicken broth
- 2 boneless skinless chicken breasts, cut into bite sized-pieces

Directions

1. Except for the cheeses and the spinach, add all ingredients in Instant Pot.
2. Place mozzarella slices on top.
3. Cover and press poultry function.
4. Do a quick release. And keep at warm function.
5. Mix in spinach and Italian seasoning. Leave in for 2 minutes until wilted.
6. Serve with a drizzle of parmesan cheese and enjoy.

WEIGHT WATCHERS INSTANT POT STEW RECIPES

Chicken Butter Stew in a Pot

(TotalTime: 10 Min|Serves: 2)

SmartPoints: 12

Ingredients

- 3 tsps garam masala
- 1 ½ tsps cumin
- 1 ½ tsps. Chili powder
- 1 tbsp chopped ginger
- 1 tbsp minced garlic
- 5 tbsps butter
- ½ onion
- 1 ½ cup tomato sauce
- 1 ½ cup heavy cream
- 6 chicken thighs boneless, skinless, cut into cubes

Directions

1. Turn on the Instant Pot and press sauté, add butter once hot.
2. Add onion and cubed chicken when butter is melted.
3. When cooking, ensure that chicken breasts are cooked just enough on the outside.
4. Mix all remaining ingredients in your Instant Pot, place the lid and close the steam valve.
5. Instant Pot must be set to manual then pressure must be low and cook for 5 minutes.
6. Do a quick release.

7. Then, open lid and set on sauté for 5 minutes for the sauce to thicken.
8. Serve and enjoy.

Chicken Masala Stew

(TotalTime: 15 Min|Serves: 6)

SmartPoints: 14

Ingredients

- ½ teaspoon salt
- ¼ teaspoon cayenne
- ½ teaspoon turmeric
- ½ teaspoon paprika
- 5 cloves garlic (minced)
- 15 ounces canned tomato sauce or puree
- ¼ teaspoon ground ginger
- 1 teaspoon black pepper
- 1 tablespoon lemon juice (about half a lemon)
- 2 1/2 tablespoon garam masala, divided
- 1 cup plain 2% fat Greek yogurt (7 ounces)
- 1 cup heavy whipping cream (added last)
- 1-lb boneless skinless chicken breasts (about 2, chopped into bite-sized pieces
- Freshly chopped cilantro

Directions

1. In a bowl, mix all marinade ingredients such as ground ginger, black pepper, lemon juice, Greek yogurt and 1 tablespoon of garam masala. Do not include the chicken, yet. After mixing well, add the chicken chunks and let it sit for 1 hour in the refrigerator.
2. Press sauté mode on the Instant Pot. Add chicken cook each side for 5 minutes.
3. Add cayenne, salt, turmeric, paprika, 4 teaspoons of garam masala, garlic and tomato sauce. Do not include the cream.

4. Select manual mode and cook at high pressure for 10 minutes.
5. To release pressure, use the quick steam release handle.
6. Ready to be served with naan or basmati rice with few garnishes of cilantro.

Vegetarian Pot Roast Stew

(TotalTime: 25 Min|Serves: 4)

SmartPoints: 8

Ingredients

- Optional garnish: finely-chopped fresh parsley
- Kosher salt and freshly-cracked black pepper
- 2 tablespoons cornstarch
- 2 tablespoons Worcestershire
- 3 tablespoons tomato paste
- ½ cup dry red or white wine
- 3 cups vegetable stock, divided
- 3 sprigs fresh thyme
- 4 cloves garlic, peeled and minced
- 2 cups frozen pearl onions
- 2 large carrots, peeled and cut into bite-sized pieces

Directions

1. Add 2.5 cups vegetable stock, carrots, Worcestershire, onions, potatoes, wine, mushrooms, garlic, and thyme in Instant Pot.
2. Gently combine all ingredients and securely close the lid.
3. Press “manual,” then “pressure” and wait for the light on “high pressure” to light up. You may adjust up/down arrows until it reads 20 minutes.
4. Do a natural release for 15 minutes. And then do a quick release. Keep pot at warm function.
5. Whisk or mix the cornstarch and the ½ cup vegetable stock. Add to the roast mixture and cook for 3 minutes, until the sauce thickens up a bit.

6. To serve, garnish with parsley.

Beefy Stew with Guinness Beer

(TotalTime: 30 Min|Serves: 10)

SmartPoints: 12

Ingredients

- 2 tablespoons fresh parsley (chopped)
- Extra salt and pepper to season (to your tastes)
- 1 ½ teaspoons dried thyme
- 4 cups (or 1 liter or 1 quart) beef broth (beef stock), divided
- 1 tablespoon brown sugar (optional)
- 3 tablespoon tomato paste
- 1 ½ cups / 375ml Guinness Beer
- ¼ cup plain flour + ½ cup broth
- 4 large potatoes (quartered)
- 2 celery stalks (chopped into thick pieces)
- 3 large carrots (peeled and chopped into thick slices)
- 1 tablespoon minced garlic
- 2 medium-sized brown onions (chopped)
- 4 tablespoons olive oil (plus more if needed)
- Salt and pepper to season
- 3 pounds boneless beef chuck roast, trimmed and cut into thick 1 1/2 -inch pieces

Directions

1. Press sauté button and wait for indicator to show hot. Meanwhile, add pepper and salt to season the beef.
2. Once pot is hot, sear beef in batches until browned and use olive oil if needed then move seared beef to a warm plate.
3. Sauté garlic and onion until transparent and soft in juices left in the pot, around 5 minutes. Then add potatoes, carrots and celery and cook for 2 minutes.

4. Pour Guinness beer and mix well. Add thyme, 3 ½ cups chicken broth, tomato paste, and brown sugar.
5. Season with pepper and salt to taste. Return beef.
6. Cover, press manual button, cook on high for 15 minutes.
7. Meanwhile, in a small bowl mix well flour and broth.
8. Do a natural release for 15 minutes. If needed do a quick release before opening. Press sauté button.
9. Pour in the flour slurry, mix well. Cook for 5 minutes or until sauce has thickened.
10. Adjust seasoning to taste.
11. Serve and enjoy.

Chicken-Coconut Stew

(TotalTime: 20 Min|Serves: 4)

SmartPoints: 9

Ingredients

- Juice from 1 lime (optional)
- ¼ cup fresh cilantro (chopped)
- 1 large onion (peeled and thinly sliced)
- 1 teaspoon ghee or coconut oil
- ½ teaspoon freshly ground black pepper
- 1 teaspoon Diamond Crystal kosher salt
- 10 drumsticks, skin removed (or 2-lbs boneless, skinless chicken thighs)
- 1 cup full-fat coconut milk (+1/4 cup optional)
- 1 teaspoon five spice powder
- 3 tablespoons coconut aminos
- 2 tablespoons Red Boat fish sauce
- 1 thumb-sized piece of ginger (peeled and roughly chopped)
- 4 cloves garlic (peeled and crushed)
- 1 thick stalk fresh lemongrass (papery outer skins and rough bottom removed, trimmed to the bottom 5 inches)

Directions

1. Trim and peel the piece of lemongrass in a blender or food processor with the other ingredients such as, five-spice powder, garlic, coconut aminos, ginger and fish sauce.
2. Pour coconut milk to create a smooth sauce.
3. Season with pepper and salt the chicken drumstick and place them in a bowl.

4. Press the “sauté” button when you turn on your Instant Pot.
5. Drop coconut oil or the ghee then add sliced onions when it melts. Stir fry for 3-5 minutes.
6. Add the drumsticks and pour marinade on top.
7. On the Instant Pot, press the “cancel/warm” button and lock the lid. Then press “manual” or “pressure cook” button and cook for 15 minutes under high pressure.
8. Turn off pressure heater when the stew finishes cooking and do a quick release.
9. Garnish with chopped cilantro and ready to serve.

Meaty Fish-Shrimp Stew

(TotalTime: 15 Min|Serves: 6)

SmartPoints: 10

Ingredients

- 4 tbsps extra-virgin olive oil, divided (to add when serving)
- 4 tbsps cilantro (for garnish)
- 12 little neck clams
- 1-lb shrimp (deveined and cleaned)
- 1 ½ - lbs meaty fish (like striped bass or cod, cut into 2-inch chunks
- 1 cup fish stock
- Pepper (freshly ground, to taste)
- Sea salt (to taste)
- 2 cloves garlic (smashed)
- 1 ½ cups tomatoes (diced)
- 1 small green bell pepper (thinly sliced)
- 1 small onion (thinly sliced)
- 2 tsps paprika
- 2 bay leaves

Directions

1. Add the 3 tablespoons of extra-virgin olive oil on the Instant Pot once it is hot.
2. Stir for about 30 seconds the paprika and bay leaves.
3. Season with salt and pepper after adding the 2 tablespoons of cilantro, tomatoes, onion, bell pepper and garlic. For few minutes, stir all the added ingredients.
4. Add water or fish stock to the mix.
5. Use salt and pepper to season the fish.

6. Place the shrimps and clams among the vegetables then add on top the fish.
7. Ensure to close tightly the vent and the lid. Adjust the pressure cooking time to 10 minutes once you press Manual.
8. Do the natural release for 10 minutes. Then do a quick release to open pot.
9. Prepare around 4-6 bowls for the stew then sprinkle the remaining 2 tablespoons of cilantro. Add or drizzle the remaining 1 tablespoon of olive oil.
10. Serve the meaty fish-shrimp stew and enjoy!

Beefy Vegetable Stew

(TotalTime: 35 Min|Serves: 6)

SmartPoints: 12

Ingredients

- ¼ cup chopped Italian flat leaf parsley
- 1 ½ cups reduced sodium beef stock
- 1-lb red potatoes (cut into ½ - inch pieces)
- 2 celery stalks (cut into ½ - inch pieces)
- 3 carrots (peeled and cut into ½ - inch pieces)
- 2 garlic cloves (minced)
- 1 onion (diced)
- ½ cup red wine
- 3 tbsps vegetable oil
- Kosher salt and freshly ground pepper (to taste)
- 1/3 cup flour
- 3-lbs beef stew (cut into 1-inch pieces and fat trimmed)

Directions

1. Mix salt, pepper, flour with stew meat in a large bowl.
2. Sear beef in batches by heating vegetable oil with the use of the sauté function that has been adjusted to high. Around 8 minutes per batch
3. After searing the beef, remove it from the Instant Pot.
4. Add wine and reduce for 5 minutes.
5. Return beef and add beef stock, carrots, onions, potatoes, garlic, tomato paste, celery and potatoes.
6. Add pepper and salt.
7. Cook for about 20 minutes using Manual mode and at high pressure.
8. Do a natural pressure release for 10 minutes.

9. Release remaining pressure by turning the pressure release valve.
10. Add salt and pepper if needed then stir in flat leaf parsley.
11. Enjoy!

Beef Stew in a Pot

(TotalTime: 1 Hour and 17 Min|Serves: 6)

SmartPoints: 14

Ingredients

- 3 tbsps tomato paste
- 1 tbsp fish sauce
- 1 tbsp light soy sauce (not low sodium soy sauce)
- 1 tbsp Worcestershire sauce
- 1 ½ cup unsalted chicken stock
- Kosher salt and black pepper to taste
- 1 tbsp flour
- ¼ tsp dried thyme
- 2 bay leaves
- ¼ cup sherry wine
- ½ cup frozen peas
- 3-4 small Yukon gold potatoes, quartered
- 2 medium carrots, cut into 1 ½ inch chunks
- 2 celery stalks, cut in 1 ½ inch chunks
- 2 small onions, thinly sliced
- 3 medium garlic cloves, crushed and minced
- 12 white mushrooms, thinly sliced
- 2-lbs USDA Choice Grade Chunk Steak, 1.5 inch in thickness

Directions

1. Press sauté and go to Sauté More Function. It is important that the pot is very hot. Once hot, add a tbsp of oil. Swirl to coat sides and bottom.
2. Using Kosher salt with freshly ground black pepper, season generously one side of the chunk steak. Brown seasoned side of steak for 8 minutes per side. Season the other side of the chunk steak with ground black

pepper and Kosher salt. After browning, place them in a plate.

3. Meanwhile, mix the other ingredients in a separate bowl to make chicken stock mixture such as tomato paste, unsalted chicken stock, fish sauce, light soy sauce and Worcestershire sauce.
4. Add sliced mushroom and sauté until the edges are slightly crisped and browned for about 6 minutes. Season the mushrooms with freshly ground black pepper and kosher salt. Transfer to a bowl.
5. Add potatoes, carrots, and celery. If needed, add more oil and sauté for 3 minutes. Stir in thinly sliced onions and cook for a minute. Add minced garlic cloves, season with pepper and salt.
6. Deglaze by pouring cup of sherry wine and allow it to reduce to evaporate some alcohol, around 5 minutes.
7. Add the chicken stock mixture, potatoes, bay leaves and dried thyme. Mix well and close the lid.
8. Press manual button and cook for 4 minutes on high. Do a quick release and transfer vegetables in a bowl.
9. Cut the chunk steak into 1.5 inch to 2 inches stew cubes while the vegetables are pressure cooking. Put in all the chunk stew meat and the meat juice back in the large mixing bowl. Add flour and toss well to coat.
10. Place beef stew meat and all its juice in the cooker. Ensure to remove the potatoes, carrots and celery. Do not stir as you submerge the beef stew.
11. Close lid, press manual and cook at high pressure for 30 minutes. Do a natural release for 10 minutes. And then do a quick release to open lid safely.
12. Once opened, press sauté button. Stir in frozen peas, sautéed mushroom and the other vegetables that was

set aside. Cook until warmed, around 2 minutes.

13. Serve and Enjoy!

Beef Stew in Butternut Squash

(TotalTime: 45 Min|Serves: 8)

SmartPoints: 10

Ingredients

- 6 thyme stems
- 2 bay leaves
- 2 cups quartered new red potatoes
- 12-oz butternut squash, cubed
- 1-lb cremini or brown mushrooms, quartered
- 2 cups chopped carrots
- 1 tbsp beef base
- 2 cups beef broth, divided
- 1 cup red wine
- 3 ribs celery, chopped about 2 cups
- 1 large onion, chopped about 2 cups
- 4 cloves garlic, pressed or minced
- 3 tbsps vegetable oil, divided
- 2-lbs beef chuck cut into cubes
- 1 ½ tsps freshly ground black pepper
- 1 ½ tsp garlic salt
- 1 ½ tsps Kosher salt and freshly ground black pepper
- 4 tbsps flour, divided

Directions

1. Mix freshly ground black pepper, 2 tablespoons of flour, garlic salt and kosher salt in a gallon freezer bag. Add beef chuck cubes. Let it marinate for at least an hour.
2. Heat 1 tablespoon of oil by pressing sauté button on Instant Pot. Add half of the beef cubes, and cook for 8 minutes per batch. Once all sides are browned, transfer beef into a bowl. Repeat the same process to brown the rest of the meat.

3. Add garlic to pot and cook for a minute. Add the remaining tablespoon of oil and cook celery and onion. This will take around 5 minutes to soften. Return beef to pot.
4. Boil the wine and add 1 ¾ cups beef broth and the beef base.
5. Add bay leaves, mushrooms, thyme, butternut squash, carrots and red potatoes.
6. Set stew setting to cook for 25 minutes once the Instant Pot is sealed.
7. Meanwhile, mix remaining flour and broth in a small bowl.
8. Do a quick release and press sauté button. Stir in the flour slurry and mix well. Continue cooking for 5 minutes, until sauce has thickened.
9. Serve after removing the bay leaves. Enjoy!

Chicken Breast Stew

(TotalTime: 20 Min|Serves: 4)

SmartPoints: 10

Ingredients

- Thickener: 2.5 tablespoons cornstarch + 3 tablespoons cold water
- Salt and ground black pepper (to taste)
- Pinch of dried thyme
- Pinch of dried rosemary
- 1 bay leaf
- 2 tbsps olive oil
- 1 cup unsalted chicken stock
- 1 stalk celery (chopped)
- 2 medium carrots (chopped)
- 4 garlic cloves (roughly minced)
- 1 medium onion (diced)
- 2-4 boneless chicken breasts, skin or skinless

Directions

1. Press Sauté button and click adjust button to sauté more function to start heating the pressure cooker. Wait until indicator says HOT to ensure that your pot is as hot as it can be.
2. Use paper towels to pat dry the skin of the chicken breasts. Then season with ground black pepper and kosher salt.
3. Pour olive oil coating the whole bottom part of the pot then place the chicken breasts, skin side down.
4. Use ground pepper and kosher salt to season the top side of the meat and wait for 3 minutes to brown the skin. Flip and brown the other side 1 ½ minutes then set them aside after.

5. Sauté diced onion for 2 ½ minutes until browned. Then for 30 seconds, sauté minced garlic then season with ground black pepper and kosher salt.
6. Sauté carrots and celery for 3 minutes until slightly browned.
7. Add a dash of sherry wine and deglaze by scrubbing the flavorful browned bits off the bottom part of the pot.
8. Mix the bay leaf, pinch of salt, thyme, rosemary and 1 cup of unsalted chicken stock.
9. Cover, press manual button and cook on high for 5 minutes. Do a quick release and transfer chicken breast to a plate. Press sauté button.
10. Mix the 3 tbsps of cold water and 2 ½ tbsps of cornstarch in a small bowl. To achieve desired thickness, mix it one-third at a time. Cook and stir continuously for 3 minutes or until desired thickness is achieved.
11. Slice chicken breast to bite size pieces and return to pot.
12. Then serve and enjoy!

WEIGHT WATCHERS INSTANT POT STEAMED RECIPES

Steamed Garlic-y Broccol-y

(TotalTime: 1 Min|Serves: 2)

SmartPoints: 1

Ingredients

- 1 head of broccoli, cut into florets
- 2 cloves of garlic, with peel and smashed
- Pepper and salt to taste
- 1 cup of water

Directions

1. In steamer basket, place broccoli florets.
2. Season with pepper and salt.
3. Add garlic in basket.
4. Cover, press manual button cook for 1 minute at low pressure.
5. Do a quick release.
6. Serve and enjoy with your favorite meat dish.

Steamed Mixed and Fresh Vegetables

(TotalTime: 1 Min|Serves: 4)

SmartPoints: 2

Ingredients

- 1 head broccoli, cut into florets
- 1 head cauliflower, cut into florets
- A handful of French beans, cut into 1-inch lengths
- 1 yellow squash, rinsed
- ½ cup water
- 1 tsp salt
- 1 tsp pepper
- Rice wine vinegar, dipping sauce

Directions

1. Cut the squash lengthwise and then cut into ½-inch thick pieces.
2. Add all ingredients in the steamer basket.
3. Season with pepper and salt. Toss well to coat.
4. Add water in pot and place steamer basket with vegetables inside.
5. Cover, press manual button, and cook for 1 minute on low pressure.
6. Do a quick release.
7. Serve with a dash of rice wine vinegar and enjoy.

Steamed Fish with Scallions and Ginger

(TotalTime: 2Min|Serves: 3)

SmartPoints: 3

Ingredients

- ¼ cup chopped cilantro
- ¼ cup julienned scallions
- 2 tbsps julienned ginger
- 1 tbsp peanut oil
- 1-lb Tilapia filets
- 1 tsp garlic
- 1 tsp minced ginger
- 1 tbsps Chinese black bean paste
- 2 tbsps rice wine
- 3 tbsps soy sauce
- 1 cup water

Directions

1. In a heat-proof dish that will fit inside the instant pot add garlic, minced ginger, black bean paste, rice wine, and soy sauce. Mix well. Add the Tilapia filet and marinate for half an hour, while turning over at half time.
2. Once done marinating, add cilantro, scallions, peanut oil, and julienned ginger on top of filet. Cover with foil.
3. Add a cup of water in Instant Pot. Add a heat proof trivet and place dish on top.
4. Cover, press manual button, and cook for 2 minutes on low pressure.
5. Do a quick release, serve, and enjoy.

Steamed Frozen Salmon

(TotalTime: 5Min|Serves: 4)

SmartPoints: 8

Ingredients

- ¼ tsp ground black pepper
- ¼ tsp salt
- 1 tbsp unsalted butter
- 1 bunch fresh dill weed, divided.
- 4 filets of frozen salmon
- ¾ cup water
- ¼ cup lemon juice, around 3 pcs

Directions

1. Add water and lemon juice in pot.
2. Place salmon in steamer basket. Sprinkle 3/4s of the dill and a slice of lemon on top of each filet.
3. Place basket in pot.
4. Cover, press manual button, cook for 5 minutes on low pressure.
5. To serve, season with pepper, salt, and remaining dill.

Steamed Veggie and Lemon Pepper Salmon

(TotalTime: 3Min|Serves: 2)

SmartPoints: 13

Ingredients

- 1 carrot, peeled and julienned
- 1 red bell pepper, julienned
- 1 zucchini, julienned
- ½ lemon, sliced thinly
- 1 tsp pepper
- ½ tsp salt
- 1-lb salmon filet with skin on
- A dash of tarragon
- ¾ cup water

Directions

1. Add tarragon and water in pot.
2. Place salmon in steamer basket with skin side down. Season with pepper and salt. Add slices of lemon on top.
3. Place the julienned vegetables on top of salmon.
4. Place basket in pot.
5. Cover, press steam button and cook for 3 minutes.
6. Do a quick release.
7. Transfer veggies on a plate and top with salmon.
8. Serve and enjoy.

Steamed Fish Mediterranean Style

(TotalTime: 3Min|Serves: 4)

SmartPoints: 7

Ingredients

- Pepper and salt to taste
- 1 clove garlic, smashed
- 2 tbsps olive oil
- 1 bunch fresh thyme
- 2 tbsps pickled capers
- 1 cup black salt-cured olives
- 1-lb cherry tomatoes, halved
- 4 cod filets

Directions

1. In a heat proof dish that fits inside the Instant Pot, layer half of the laved cherry tomatoes. Season with salt.
2. Add filets on top of tomatoes and season with pepper and salt. Drizzle oil. Sprinkle 3/4s of thyme on top and the smashed garlic.
3. Cover top of fish with remaining cherry tomatoes and place dish in the steamer basket and put inside the pot.
4. Cover, press manual button, cook for 3 minutes on high.
5. Do a quick release.
6. Transfer fish filet in plate. Add the olives in the dish with tomatoes and toss to mix well. Adjust seasoning to taste if needed and pour over fish.
7. Serve and enjoy while hot.

Dill and Lemon Cod Packets

(TotalTime: 5Min|Serves: 2)

SmartPoints: 5

Ingredients

- 2 tbsps butter, divided
- 4 slices lemon, divided
- 2 sprigs fresh dill, divide
- ½ tsp garlic powder, divided
- Pepper and salt to taste
- 2 cod filets
- 1 cup water

Directions

1. Cut two pieces of 15-inch lengths foil.
2. In one foil, place one filet in the middle. Season with pepper and salt to taste. Sprinkle ¼ tsp garlic. Add a tbsp. of butter on top of filet. Top with 2 slices of lemon and a sprig of dill. Fold over the foil and seal the filet inside. Repeat process for remaining fish.
3. Place packet in steamer basket.
4. Add a cup of water in pot. Add steamer basket inside.
5. Cover, press manual button and cook on high for 5 minutes.
6. Do a quick release and serve packets.

Easy Steamed Alaskan Cod

(TotalTime: 5Min|Serves: 3)

SmartPoints: 5

Ingredients

- 2 tbsps butter
- Pepper and salt to taste
- 1 cup cherry tomatoes, halved
- 1 large Wild Alaskan cod filet, cut into 3 smaller pieces

Directions

1. In a heat proof dish that fits inside your Instant Pot, place cad filets.
2. Season with pepper and salt.
3. Divide evenly the butter on top of each cod slice.
4. Spread the halved cherry tomatoes.
5. Pout in a cup of water in pot. Place a trivet and put the dish on top of trivet.
6. Cover pot, press manual button and cook for 5 minutes on high.
7. Do a quick release, serve, and enjoy.

Steamed Salmon Teriyaki

(TotalTime: 10 Min|Serves: 2)

SmartPoints: 18

Ingredients

- 3 green onions, minced
- 2 tbsps brown sugar
- 1 tbsp freshly grated ginger
- 1 clove garlic, minced
- 2 tsps sesame seeds
- 1 tbsp sesame oil
- ¼ cup mirin
- ¼ cup water
- ½ cup soy sauce
- 2 thick salmon filets
- 1 tbsp cornstarch + 1 tbsp water

Directions

1. In a bowl, mix well ¾ of green onions, brown sugar, ginger, garlic, sesame seeds, sesame oil, mirin, water, and soy sauce.
2. Ready two pieces of an 8-inch loaf pan. Place a salmon inside each of these pans. Pour ¼ of the soy sauce mixture into each pan. Let salmon marinate for 30 minutes, while turning over at half time.
3. When ready, place a cup of water in Instant Pot and a trivet. Stack the loaf pan on top of each other inside the pot, forming an X.
4. Cover, press manual button, and cook for 8 minutes on high.
5. Meanwhile, in a small saucepan, cook the remaining soy sauce mixture on medium high fire to thicken. In a small

bowl mix cornstarch and water. Slowly pour into simmering soy sauce mixture while whisking to thicken sauce.

6. Once fish is done, do a quick release.
7. Transfer salmon filets on to a serving plate and drizzle thickened sauce on top.
8. Serve and enjoy.

Steamed Artichokes with Lemon Butter Sauce

(TotalTime: 10 Min|Serves: 3)

SmartPoints: 9

Ingredients

- Pepper and salt to taste
- ¼ cup butter
- 1 tsp lemon juice, or more to taste
- 3 large artichokes, trimmed
- 1 bay leaf
- 3 cloves garlic
- 1 cup water

Directions

1. Add water, garlic and bay leaf in Instant Pot.
2. Place steamer basket and place trimmed artichokes. To trim artichokes, chop off the topmost part that's thorny.
3. Cover, press manual and cook for 10 minutes on high pressure.
4. Meanwhile, make a dipping sauce by melting butter in a bowl. Mix in lemon juice. Season with salt and pepper to taste. If desired, you can add more lemon juice.
5. Do a quick release and remove artichokes with tongs. Transfer to a serving plate.
6. Serve with dipping sauce on the side and enjoy.

Ginger-Miso and Garlic-Soy Steamed Pork

(TotalTime: 45 Min|Serves: 4)

SmartPoints: 20

Ingredients

- 2 tsps granulated sugar, divided
- 3 tbsps rice vinegar, divided
- 2 tbsps sesame oil
- 2 tbsps miso
- 3-inches peeled ginger, divided
- 1 tsp sesame seeds
- 4 ½ tbsps sake, divided
- 1 tbsps soy sauce
- 2 cloves garlic, minced
- 4 green onions, divided
- 2 lbs pork collar
- 1 ½ cups water

Directions

1. Make the steamed pork first by adding the water in the Instant Pot and placing a steamer rack inside.
2. Place pork in a heat proof dish that fits inside your pot.
3. Take 3 green onions and slice into 3-inch lengths. Get 2-inches long ginger and slice thinly. Place them on top of pork. And pour on top of pork 4 tbsps sake.
4. Cover, press steam button and cook for 45 minutes.
5. Meanwhile, make the Ginger-Miso sauce by grating the remaining ginger and place on a bowl. Add 1 tsp sugar, 1 tbsp rice vinegar, 2 tbsps sesame oil, and 2 tbsps miso. Mix well and set aside.

6. Then make the garlic soy sauce by mixing in a bowl the sesame seeds, ½ tbsp. sake, 1 tsp sugar, 2 tbsp sesame oil, 2 tbsps rice vinegar, 2 tbsps soy sauce, minced garlic, 1 green onion sliced thinly. Mix well and set aside.
7. Once pork is done cooking, do a quick release. Remove pork from dish and slice into ½-inch thick slices.
8. Serve with the dipping sauces immediately.

Steamed Sponge Pudding Cake

(TotalTime: 5Min|Serves: 2)

SmartPoints: 49

Ingredients

- 4 tbsps milk
- 1 ¼ cup self-rising flour
- 2 large eggs
- 1 tsp vanilla
- ½ tsp lemon extract
- 1 ½ cups caster sugar
- ½ cup + 2 tbsps butter, softened
- 2 tbsps white breadcrumbs
- 4 tbsps golden syrup
- 1 cup water

Directions

1. Grease the bottom and sides of a pudding cake pan that first in your Instant Pot. Pour Golden Syrup and mix in the bread crumbs.
2. In a mixing bowl, beat sugar and butter until fluffy. Stir in vanilla and lemon extract. Add eggs one at a time, beating well every after each addition.
3. Fold flour and then add milk and mix well. Do not over mix. Transfer to prepared pan and cover pan with lid. If it doesn't come with a lid, securely cover with foil.
4. Add water in Instant Pot and place a trivet. Put the cake pan on the trivet and close lid of pot.
5. Press steam button and cook for 5 minutes.
6. Let steam release naturally for 30 minutes. And if needed, do a quick release to open the pot safely.

7. Remove pan, knife the edges of the pan to easily remove cake. Cover top of pan with a large serving plate and invert cake. Once cake is dislodged from the pan, slowly remove pane.
8. Serve and enjoy.

Matcha-Flavored Sponge Cake

(TotalTime: 20Min|Serves: 4)

SmartPoints: 10

Ingredients

- 1 cup cake flour
- 100-ml Sprite
- 1 tbsp matcha powder
- ½ cup granulated sugar
- 2 large eggs

Directions

1. On your mixing bowl, whisk for a minute the matcha, sugar, and eggs. Then, increase speed to medium and beat batter for 20 minutes to make it light and fluffy.
2. Gradually add flour alternating with the addition of sprite.
3. Line a 5-inch round pan or heat proof dish with parchment paper and pour in batter. Seal top with foil securely.
4. Cover pot, press steam button and cook for 20 minutes on high.
5. Do a natural release for 10-minutes and then do a quick release to safely open pot.
6. Remove cake pan and remove cake from pan.
7. Slice equally in four and enjoy.

Steamed Asparagus and Shrimps

(TotalTime: 2Min|Serves: 3)

SmartPoints: 3

Ingredients

- ½ tbsp. Cajun seasoning
- 1 tsp olive oil
- 1 bunch asparagus, cut in half
- 1-lb peeled and deveined shrimp
- 1 cup water
- Pepper and salt to taste

Directions

1. Add a cup of water in pot and place trivet.
2. In a heat proof bowl that fits inside the pot, evenly spread asparagus, then place shrimps on top.
3. Drizzle with olive oil and season with Cajun seasoning. Season with pepper and salt to taste.
4. Securely cover with the top of dish and place on trivet inside the Instant Pot.
5. Close lid, press steam button and cook on low pressure for 2 minutes.
6. Do a quick release.
7. Serve and enjoy.

Festive Fruit Pudding

(TotalTime: 30Min|Serves: 8)

SmartPoints: 19

Ingredients

- 1 cup all-purpose flour
- 2 tbsps coconut flour
- ¼ tsp salt
- ½ tsp nutmeg
- 1 tsp allspice
- ¼ tsp clove
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 4 eggs
- 2 tbsps honey
- ½ cup carrot, peeled and grated
- ½ cup potato, peeled and grated
- 2/3 cup pitted prunes, chopped
- 1 ½ cups currants
- 2/3 cup dried apricots, chopped
- 2/3 cup dried cranberries
- 1/3 cup coconut oil
- 1 ¼ cups pitted whole prunes
- 1 ¼ cups pitted dates
- 1 cup water
- 1 orange, peeled and chopped

Directions

1. In Instant Pot, mix whole prunes, dates, water, and orange.
2. Press sauté and let it simmer for 12 minutes. Then turn off and transfer to a food processor. Add oil and puree.

3. Transfer pureed mixture in a large mixing bowl and mix in spices, vanilla extract, eggs, honey, grated carrot, grated potato, chopped prunes, currants, apricots, and cranberries. Mix well.
4. Stir in coconut flour and all-purpose flour. And pour into a greased heat proof dish that fits in the Instant Pot. Securely cover top with foil.
5. Clean Instant Pot and add 2 cups water. Place trivet and put dish on top.
6. Close lid, set seal valve to open to vent and press steam button. Once steam is coming out of the vent, time for 15 minutes. Once timer is up, close the vent and do a natural release.
7. When pot is ready to be opened, remove the dish, cut into slices and serve.

WEIGHT WATCHERS INSTANT POT SLOW-COOKED RECIPES

Chicken and Corn Chowder

(TotalTime: 7Hours and 10 Min|Serves: 8)

SmartPoints: 17

Ingredients

- Pepper and salt to taste
- ½ cup diced bacon
- ½ cup shredded mozzarella
- ½ cup shredded cheddar cheese
- ¼ cup cornstarch
- 2 cups milk
- 1 1/3 cups heavy cream
- 2 cups chicken broth
- 3 red potatoes, chopped into 1-1/2-inch cubes
- 1 15-oz can creamed corn
- 3 cups frozen corn kernels, washed and strained
- 1 red pepper, deseeded and diced
- 2 carrots, peeled and diced
- 1 large onion, diced
- 1-lb boneless and skinless chicken thighs, cut into 1-inch cubes

Directions

1. Press sauté button and wait for indicator to say hot.
2. Add diced bacon and cook until browned, around 7 minutes. Transfer to a bowl and leave fat in pot.
3. Brown chicken for 7 minutes.
4. Then add garlic powder, chicken broth, potatoes, creamed corn, corn kernels, red pepper, carrots, and onions. Mix well.
5. Cover and press slow cooker button and cook for 7 hours on low.

6. Meanwhile, whisk milk and cornstarch. When 7 hours is up, press sauté button and stir in the cornstarch slurry.
7. Continue cooking for 10 minutes while stirring constantly to thicken chowder while also mashing the potatoes to make it thicker.
8. Season with pepper and salt to taste.
9. To serve, garnish top with bacon and cheese.

Slow Cooker Applesauce

(TotalTime: 4 Hours|Serves: 4)

SmartPoints: 9

Ingredients

- ¼ tsp salt
- ½ cup water
- 1 tbsp lemon juice
- 2 cinnamon sticks
- 6 large apples, peeled, deseeded, and chopped

Directions

1. In Instant pot, add all ingredients and mix well.
2. Cover and press slow cooker button and cook for 4 hours on high. Stir at least twice during the whole 4 hours.
3. Once done cooking, you can cool and store applesauce or puree if you want a smoother applesauce.

Slow Cooker French Onion Soup

(TotalTime: 18 Hours and 20 Min|Serves: 6)

SmartPoints: 20

Ingredients

- 2 cups Gruyere cheese, grated, divided
- 3 tbsps brandy, optional
- 2 tbsps balsamic vinegar
- 10 cups reduced-sodium beef broth
- Ground black pepper
- 2 tsps salt or more as needed
- 2 tbsps olive oil
- 2 tbsps unsalted butter
- 3-lbs yellow onions, peeled and sliced thinly

Directions

1. Press sauté button and melt butter.
2. Add oil and onions. Season with pepper and salt.
3. Cover, press slow cooker button and cook on low for 12 hours. Onions should be soft and golden brown after cooking.
4. Stir in vinegar and broth.
5. Cover and press slow cooker button. Cook for 6 hours on low.
6. Taste and season with pepper and salt.
7. In oven proof bowls, ladle soup and top with 1/3 cup of Gruyere cheese per bowl. Bake until cheese is thoroughly melted, around 20 minutes at 350°F.
8. Serve and enjoy with a slice of toasted bread.

Chicken Enchilada Slow Cooked Soup

(TotalTime: 7 Hours and 10 Min|Serves: 6)

SmartPoints: 7

Ingredients

- Pepper and salt to taste
- Cayenne pepper to taste, optional
- 2-lbs boneless, skinless chicken thighs
- 1 15-oz ca black beans, drained
- 1 15-oz can yellow corn, drained
- 2 cups chicken stock
- 1 15-oz can tomato sauce
- 2 medium tomatoes, chopped roughly
- 1 tbsp sugar
- 1 tbsp ground cumin
- 2 tbsps Mexican style chili powder
- 3 garlic cloves, minced
- 1 large jalapeno, seeded and chopped finely
- 1 medium onion, chopped
- 1 tbsp canola oil

Directions

1. Press sauté button and wait for indicator to say hot. Add oil and cook jalapeno and onions for 7 minutes.
2. Add sugar, cumin, chili powder, and garlic. Sauté for 2 minutes.
3. Add stock, tomato sauce, and tomatoes and mix well.
4. Season with pepper and salt to taste.
5. Add chicken thighs, beans, and corn.
6. Cover, press slow cooker button and cook on for 7 hours on low.

7. Once done cooking, remove chicken and shred with two forks. Return to pot. Mix well.
8. Adjust seasoning to taste and cayenne pepper if using.
9. Serve and enjoy.

Short Ribs Korean Style

(TotalTime: 10 Hours|Serves: 10)

SmartPoints: 13

Ingredients

- 1 cup chicken broth
- 1 tbsp coconut vinegar
- 2 tsps fish sauce
- 1-piece ginger, about the size of your thumb, peeled and halved
- 3 scallions, chopped roughly
- 6 garlic cloves, smashed, peeled and chopped roughly
- ½ cup coconut aminos
- 1 medium pear, peeled, cored, and coarsely chopped
- Pepper and salt to taste
- 6-lbs bone in English-style beef short ribs

Directions

1. Season ribs with pepper and salt and then cram them in the Instant Pot.
2. In blender, puree vinegar, fish sauce, ginger, scallions, garlic, coconut aminos, and pear. Pour over ribs.
3. Pour broth in pot.
4. Cover, press slow cooker button and cook for 10 hours on low.
5. When done cooking, transfer ribs to a serving platter.
6. Let sauce settle in pot and you can skim off the fat.
7. Adjust the seasoning of the sauce by adding more salt and pepper if needed. Then ladle on top of ribs.

8. Serve and enjoy.

Honey-Flavored Little Smokeys

(TotalTime: 3 Hours|Serves: 12)

SmartPoints: 12

Ingredients

- 1 12-oz lager beer
- ¼ cup white vinegar
- ½ cup light brown sugar
- 16-18 oz bottle honey flavored barbecue sauce
- 4 14-oz packages cocktail sausages

Directions

1. Mix well vinegar, sugar, barbecue sauce, and beer in Instant Pot.
2. Add cocktail sausages and mix.
3. Cover, press slow cooker button and cook for 3 hours on high.
4. Serve and enjoy.

Breakfast Casserole

(TotalTime: 8 Hours and 8 Min|Serves: 8)

SmartPoints: 19

Ingredients

- ½ tsp ground black pepper
- 1 tsp salt
- 1/3 cup milk
- 12 eggs
- 1 ½ cups shredded cheddar cheese
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- ½ yellow onion, diced
- 1-lb bag frozen hash browns
- 1 16-oz package pork sausage

Directions

1. Press sauté button and wait for indicator to say hot. Add sausage. Sauté and crumble for 8 minutes. Transfer to a plate and leave grease in pot. Swirl grease to coat sides and bottom of pot.
2. In pot, spread evenly the following in one layer on top of each other the hash browns, green pepper, diced onion, red pepper, cooked sausage, and top with cheddar cheese.
3. In a bowl, whisk well the eggs. Season with salt and pepper. Add milk and whisk again until mixed thoroughly. Pour over layered stuff in Instant Pot.
4. Cover, press slow cooker button, and cook for 8 hours on low.
5. Serve and enjoy for breakfast.

Artichoke and Spinach Dip

(TotalTime: 1Hour|Serves: 12)

SmartPoints: 4

Ingredients

- Salt and pepper to taste
- 3 cups chopped spinach
- 1 12-oz can marinated artichoke hearts, finely chopped
- ½ tsp dried parsley
- 2 tsps minced garlic
- ¼ cup grated parmesan cheese
- 1 cup shredded mozzarella cheese
- ¼ cup mayonnaise
- ¼ cup sour cream
- 1 8-oz package cream cheese

Directions

1. In Instant pot, mix well spinach, artichoke hearts, garlic, cheeses, mayonnaise, sour cream, and cream cheese.
2. Cover, press slow cooker button and cook for 45 minutes on low.
3. Mix well and cook for another 15 minutes.
4. Keep warm while serving.

Fudgy Peanut Butter Cake

(TotalTime: 2 Hours|Serves: 10)

SmartPoints: 18

Ingredients

- 1 tsp vanilla extract
- 6 tbsps unsweetened cocoa powder
- ¾ cup white sugar
- ¾ cup whole milk, warmed
- 1 cup semisweet choco chips
- 2 tbsps boiling water
- 3 tbsps butter, melted
- ¾ cup sour cream
- 1 cup chunky peanut butter
- ¼ tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- ½ cup packed brown sugar
- 1 ½ cups all-purpose flour

Directions

1. In a large mixing bowl, whisk well butter, salt and baking soda. Stir in boiling water, and peanut butter. Mix well. Add sour cream and mix.
2. Add baking soda and brown sugar. Mix well.
3. Add flour and mix well.
4. Fold in choco chips.
5. Grease sides and bottom of Instant Pot with cooking spray and evenly spread the batter.
6. In another bowl, whisk thoroughly the vanilla, cocoa powder, white sugar, and milk. Pour on top of batter.

7. Cover, press slow cooker button and cook for 2 hours on high. Cake sides will start to pull away from side of pot and center is soft.

Moist Chocolate Cake

(TotalTime: 3 Hours |Serves: 10)

SmartPoints: 13

Ingredients

- 1 cup boiling water
- 2 tsps vanilla extract
- ½ cup vegetable oil
- 1 cup milk
- 2 eggs
- 1 tsp salt
- 1 ½ tsps Baking powder
- 1 ½ tsps Baking soda
- ¾ cup unsweetened cocoa powder
- 1 ¾ cups all-purpose flour
- 2 cups white sugar

Directions

1. In a large mixing bowl, mix well vanilla, oil, milk, and eggs.
2. Add salt and baking soda and mix well.
3. Add sugar and mix well.
4. Stir in baking powder, cocoa, and flour. Mix well.
5. Pour in the boiling water and mix well.
6. Grease sides and bottom of Instant Pot with cooking spray. Pour in batter.
7. Cover, press slow cooker button and cook for 3 hours on low.
8. Turn pot off and let it rest for 30 minutes before serving.

WEIGHT WATCHERS INSTANT BEANS AND LENTILS RECIPES

Chili Kidney Beans

(TotalTime: 35Min|Serves: 8)

SmartPoints: 14

Ingredients

- 1 tsp unsweetened cocoa powder
- 3 tbsps tomato paste
- 1 tbsp light soy sauce
- 2 tbsps fish sauce1 cup unsalted chicken stock
- Pepper, salt, and brown sugar to taste
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tbsp cumin seed, ground
- 2 tbsps chili powder, or to taste
- 2 19-oz cans of red kidney beans, drained and rinsed
- 1 25-oz can crushed tomatoes
- 4 garlic cloves, minced
- 1 medium onion, diced
- 1 ½-lbs ground beef

Directions

1. Press sauté button and wait for indicator to say hot.
2. Add oil and sauté beef. Season generously with salt and pepper. Crumble and stir fry until browned, for 15 minutes.
3. In a large measuring cup, mix well cocoa powder, tomato paste, light soy sauce, fish sauce, and chicken

stock.

4. In pot, add oregano, chili powder, ground cumin, minced garlic, and onions. Sauté for 5 minutes.
5. Pour in ½ of the chicken stock mixture and deglaze pot.
6. Stir in kidney beans and remaining stock. Pour on top the crushed tomatoes and do not mix.
7. Cover, press manual button, and cook for 10 minutes on high.
8. Allow for natural release until safe to open.
9. Stir in vinegar and adjust seasoning (salt, pepper, and brown sugar) to taste.
10. Serve and enjoy.

Chili Con Carne

(TotalTime: 45Min|Serves: 10)

SmartPoints: 12

Ingredients

- 1 bunch cilantro
- 5 limes
- 5 tbsps sour cream
- 5 avocados
- 2-lbs lean ground beef
- Pepper to taste
- 1 tsp salt or more to taste
- 2 tsps chili powder
- 1 ½ tsps cumin
- ¼ cup water
- 3 cups canned diced tomatoes
- 1 cup yellow bell pepper, chopped
- 1 cup carrot, chopped
- 1 cup celery, chopped
- 4 cloves garlic
- 1 small onion, chopped
- 1 ½ cups dried kidney beans, soaked in water for 12 hours, drained and rinsed
- 1 tbsp oil

Directions

1. Press sauté button and wait for indicator to say hot.
2. Add oil and swirl to coat bottom and sides of pot. Add garlic and sauté for a minute. Stir in onion and sauté for 5 minutes.
3. Add beef, crumble and sauté for 10 minutes. Season with pepper and salt.

4. Add kidney beans, chili powder, cumin, bell pepper, carrot, and celery. Mix and cook for 5 minutes.
5. Add water and diced tomatoes. Stir to combine.
6. Cover, press manual, and cook on high for 25 minutes.
7. Do a quick release.
8. Ladle into bowls and serve with a side of sliced avocado, a dollop of sour cream, a wedge of lime, and chili garnished with chopped cilantro.

Vegan Approved Spinach and Lentil Soup

(TotalTime: 20 Min|Serves: 2)

SmartPoints: 9

Ingredients

- 8-oz baby spinach
- 4 cups low-sodium vegetable broth
- 1 cup dry brown lentils, rinsed
- ¼ tsp ground pepper
- 1 tsp salt
- 1 tsp dried thyme
- 1 tsp ground turmeric
- 2 tsps ground cumin
- 4 medium garlic cloves, minced
- 1 medium stalk celery, diced
- 2 medium carrots, peeled and diced
- ½ medium yellow onion, diced
- 2 tsps olive oil

Directions

1. Press sauté button and wait for indicator to say hot.
2. Add oil and coat sides and bottom of pot. Stir in celery, carrots, onions, and garlic. Sauté for 5 minutes.
3. Stir in pepper, salt, thyme, and cumin. Sauté for a minute.
4. Add broth and lentils. Mix well.
5. Cover, press manual button and cook for 12 minutes on high.
6. Do a quick release.
7. Adjust taste by adding more salt and pepper.

8. Stir in spinach and let it rest for 2 minutes until spinach is wilted before serving.

Sausage and Red Beans

(TotalTime: 33Min|Serves: 5)

SmartPoints: 4

Ingredients

- 1-lb chicken andouille sausage, sliced into ½-inch thickness
- 7 cups water
- 2 bay leaves
- 1 tsp fresh thyme
- 1 tsp hot sauce
- ¼ tsp white pepper
- ½ tsp black pepper
- 1 tsp salt
- 1-lb dry red kidney beans, soaked in water for 12 hours, drained
- 3 cloves garlic, minced
- 3 celery stalks, diced
- 1 bell pepper, diced
- 1 medium onion, diced
- 2 tsps oil

Directions

1. Press sauté button. Once indicator says hot, add oil and coat bottom and sides. Add sausage and sauté until browned, around 8 minutes.
2. Add all ingredients and mix well.
3. Cover, press manual button and cook for 25 minutes on high.
4. Do a natural release until safe to open.
5. Serve and enjoy.

Refried Beans

(TotalTime: 28Min|Serves: 5)

SmartPoints: 8

Ingredients

- 3 cups vegetable broth
- ½ cup salsa
- ½ tsp black pepper
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp salt
- 1 jalapeno, seeded
- 4 cloves garlic, peeled and chopped roughly
- 1 large onion, quartered
- 2 cups dried pinto beans, rinse but do not soak

Directions

1. Mix all ingredients in Instant Pot.
2. Cover, press manual button, and cook for 28 minutes on high.
3. Do a natural release for 10 minutes and then do a quick release to safely open pot.
4. With an immersion blender, blend beans until thick and creamy.
5. Serve and enjoy with a sprinkle of cheese on top.

Lentil and Veggie Soup

(TotalTime: 20 Min|Serves: 4)

SmartPoints: 1

Ingredients

- 1/8 cup chopped fresh parsley
- ¾ tbsp. red wine vinegar
- 6-oz diced tomatoes, canned
- ¼ tsp dried oregano
- 1/8 tsp black pepper
- ¾ tsp salt
- ¾ tsp garlic, minced
- 1/3 cup carrots, diced
- ¼ cup celery, diced
- 1/3 cup onion, diced
- 3 ¼ cup water
- ¾ cup lentils, brown

Directions

1. Add all ingredients in pot and stir to mix.
2. Cover, press manual button and cook on high for 20 minutes.
3. Do a natural release for 5 minutes and then do a quick release.
4. Stir, serve and enjoy.

Curried Lentil

(TotalTime: 20Min|Serves: 5)

SmartPoints: 11

Ingredients

- 2 tbsps lemon juice
- 1 14-oz can light coconut milk
- ¼ tsp cayenne pepper
- ¾ tsp ground turmeric
- 1 tsp salt
- ½ tbsp brown sugar
- 1 tbsp + 1 tsp curry powder
- 2 tbsps garlic, minced
- 3 tbsps ginger, minced
- 1 small shallot, chopped finely
- ½ tbsp oil
- 1 ½ cups brown or green lentils, rinsed and drained

Directions

1. Press sauté button. Once indicator says hot, add oil and swirl to coat sides and bottom of pot.
2. Add garlic, ginger, and shallot. Sauté for 3 minutes.
3. Stir in cayenne, turmeric, salt, sugar, and curry powder. Cook for a minute.
4. Add a cup of water, coconut milk, and lentils. Mix well.
5. Cover, press manual button and cook for 15 minutes on high.
6. Do a natural release for 10 minutes then do a quick release to safely open pot.
7. Stir and adjust seasoning to taste.

8. Serve and enjoy.

Lentil Indian Style

(TotalTime: 21 Min|Serves: 2)

SmartPoints: 25

Ingredients

- 8-oz baby spinach
- 2 tbsps lemon juice
- 1-lb green lentils
- ½ tsp black pepper, ground
- 1 tsp salt
- 1 tbsp curry powder
- 5 cups vegetable broth
- 1 13.5-oz can coconut milk
- 4 tbsps green curry paste
- 1 tbsp garlic, minced
- ¼ cup yellow onions, diced
- 1 tbsp fresh ginger, grated
- ½ small serrano pepper, diced finely
- 1 tbsp oil

Directions

1. Press sauté button. Wait for indicator to say hot and then add oil and coat bottom and sides.
2. Add onions, ginger, serrano pepper, and garlic. Sauté for 2 minutes.
3. Add curry powder and curry paste. Sauté for a minute.
4. Then, except for spinach, add all ingredients.
5. Mix well.
6. Cover, press manual button and cook for 15 minutes on high.
7. For 10 minutes, do the natural release and then do a quick release to open pot safely.

8. Stir in spinach and let it sit for 3 minutes to wilt.
9. Serve and enjoy.

Beer-y Beans

(TotalTime: 30Min|Serves: 8)

SmartPoints: 15

Ingredients

- A pinch of black pepper
- 1 tsp cumin
- 2 tsps salt
- 2 cups chicken stock
- 12-oz Mexican beer
- 1 10-oz can Ro*Tel original
- 1-lb pinto beans, soaked for 12 hours, rinsed and drained
- 3 garlic cloves, diced finely
- 1 cup onion, diced finely
- 6 bacon slices, chopped

Directions

1. Press sauté button and wait for indicator to say hot. Add bacon and sauté for 3 minutes.
2. Stir in garlic. Sauté for a minute. Add green pepper and onions. Sauté for 3 minutes.
3. Add pepper, cumin, salt, stock, beer, Ro*Tel, and pinto beans. Mix well.
4. Cover, press bean button and cook for 20 minutes.
5. Let steam release naturally for ten minutes before doing a quick release.
6. Adjust seasoning to taste.
7. Serve and enjoy.

Chickpea Stew Moroccan Style

(TotalTime: 25Min|Serves: 6)

SmartPoints: 13

Ingredients

- 7-oz spinach
- 1 tsp sugar
- ½ tsp salt
- ½ tsp black pepper, ground
- 4 cups chicken broth
- 1 14.5-oz cans chickpeas, rinsed and drained
- 1 14.5-oz can diced tomatoes
- 1/8 tsp cayenne pepper
- 1 tsp cumin
- 1 tsp cinnamon
- 7 garlic cloves, minced
- 1 yellow onion, chopped
- ¼ cup olive oil

Directions

1. Press sauté button and wait for indicator to say hot and add oil. Let it heat for 2 minutes.
2. Stir in onion and cook for 4 minutes. Add garlic and cook for a minute.
3. Stir in cayenne pepper, paprika, cumin, and cinnamon and heat for a minute.
4. Pour in broth and diced tomatoes. Mix well.
5. Add sugar, salt, pepper, and chickpeas. Mix well.
6. Cover, press manual button, and cook for 12 minutes on high.
7. Let pressure release naturally.

8. When safe, open pot, mix and partly mashed some of the chickpeas to thicken soup.
9. Mix in spinach and leave on for 5 minutes to wilt.
10. Serve and enjoy.

WEIGHT WATCHERS INSTANT POT BEEF RECIPES

Beef Pot Stew Umami Flavor

(Total Time: 2 Hours 5 Min|Serves: 5)

SmartPoints: 12

Ingredients

- 1 ½ tbsp cornstarch missed + 2 tbsps (30 ml) water
- 2-4 potatoes, quartered
- 2 carrots, chopped
- 8 white mushrooms, sliced
- Kosher salt and ground black pepper to taste
- 2 tbsps red wine or balsamic vinegar to deglaze
- 2 bay leaves
- 1 pinch of thyme
- 1 pinch of dried rosemary
- 1 tbsp olive oil
- 1 tbsp fish sauce
- 1 tbsp light soy sauce (not low sodium soy sauce)
- 1 cup unsalted chicken stock
- 2 small onions, sliced
- 4 cloves garlic, minced
- 2 lbs chuck roast

Directions

1. Press sauté button and wait until the indicator says HOT.
2. Use paper towel to pat dry the chuck roast and season it with ground black pepper and generous amount of kosher salt.

3. Add into the pot the olive oil to coat the pot's bottom, then place the chuck roast inside for 10 minutes until it is browned. After 10 minutes, take it out and set it aside.
4. Add onions, ground black pepper and kosher salt. Stir and cook around 1 minute then add garlic and sauté for 30 seconds. Add mushroom. Season with another pinch of kosher salt and cook for another 2 minutes.
5. Deglaze bottom of pot by adding red wine or balsamic vinegar.
6. Add the chicken stock, bay leaves, thyme, olive oil, fish sauce and light soy sauce. Add more pepper and salt if needed.
7. Put back in the chuck roast with all its meat juice then close the lid, press manual button, and cook for 45 minutes on high.
8. Do the natural release for 25 minutes then carefully open the lid.
9. Remove and set aside the chuck roast by covering it with aluminum foil and letting it rest. Pressure cook the vegetables by putting in the quartered potatoes then the carrots. Close lid, press manual button, and for 4 minutes pressure cook at high. Do a quick release and carefully open the lid.
10. Adjust seasoning. Now, mix the cornstarch with water and mix into sauce until desired thickness is reached.
11. Return meat, mix well, serve, and enjoy.

Juicy Beef Stew with Mongolian Twist

(Total Time: 30 Min|Serves: 3)

SmartPoints: 12

Ingredients

- 1 tsp sesame seeds
- ¼ cup green onions, chopped
- 1 tsp red pepper flakes
- 1 ½ cup water
- ½ cup lite soy sauce
- 1 tbsp fresh ginger, minced
- 10 cloves garlic, minced
- ½ cup brown sugar or 2/3 cups
- 1 tbsp extra virgin olive oil
- 3 tbsp cornstarch. divided
- 1 lb flank steak, sliced across the grain

Directions

1. Press sauté button and wait until the indicator says HOT.
2. In a large ziplock bag, add 1 tablespoon cornstarch and the sliced beef. Shake well to evenly coat the beef.
3. Put in oil into pot and add beef once oil is hot and sauté for 2-3 minutes.
4. Add the other ingredients such as brown sugar, red pepper, water, lite soy sauce, garlic and ginger. You can add less sugar if you want.
5. Mix and stir well until all ingredients are coated in sauce.
6. Press manual button and for 8 minutes, pressure cook at high and natural release for 10 minutes, then release remaining pressure.

7. In a small bowl, make the cornstarch slurry by combining remaining cornstarch with water.
8. Pour slurry in pot stir and cook for 2-3 minutes with Instant Pot on sauté function. The sauce must be thick, so stir it frequently.
9. Let the Mongolian Beef sit for 8-10 minutes when Instant Pot has been turned off.
10. Serve it with rice and garnish with sesame seeds and fresh chopped green onions.

Shredded Beef Barbeque Stew

(Total Time: 1 Hour and 30 Min|Serves: 5)

SmartPoints: 11

Ingredients

- 3 bay leaves
- ¼ tsp ground cloves
- 1 tsp pepper
- 2 tsps salt
- 2 tbsps apple cider vinegar
- ¼ cup fresh lime juice
- 2-4 chipotle chiles in adobo sauce, minced (remove seeds for less heat)
- ½ cup beef broth
- 1 tbsp dried oregano
- 1 tbsp ground cumin
- 3 cloves garlic, minced
- 1 yellow onion, diced (about 1 cup)
- 1 tbsp vegetable oil
- 2 lbs chuck roast, fat removed and cut into 5 large pieces

Directions

1. Press sauté button and wait until the indicator says HOT.
2. Add half of the roast chuck and brown for 4 minutes per side. Once browned remove from pot and brown the second half. Transfer to a plate and set aside.
3. Add onion and cook for 3 minutes until translucent.
4. Stir in oregano, garlic and cumin and sauté for a minute.

5. Add pepper, bay leaves, cloves, salt, lime juice, chipotle chiles and cider vinegar. Mix well.
6. Cover, press manual button, and select high for 60 minutes pressure.
7. Manually release then remove the meat from the instant pot and shred the beef. Return shredded beef, mix well.
8. Serve in a bowl or with burritos or tacos.

Balsamic Beef Stew

(Total Time: 50 Min|Serves: 4)

SmartPoints: 11

Ingredients

- 4 cloves garlic, chopped
- ½ tsp red pepper flakes
- 1 tbsp honey
- 1 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- ½ cup balsamic vinegar
- 1 cup beef broth
- 2 ½ lbs boneless roast beef (chuck roast)

Directions

1. Add all ingredients in pot.
2. Cover, press manual, and for 30 minutes cook on high pressure.
3. Vent naturally for 15 minutes then before removing the lid, use the quick release for safely opening pot.
4. Serve and enjoy.

Meatloaf-Potato Instant Pot Stew

(Total Time: 50 Min|Serves: 6)

SmartPoints: 12

Ingredients

- 1 tbsp balsamic vinegar (optional)
- ½ cup ketchup
- 1/8 tsp garlic powder
- ¼ tsp black pepper
- ½ tsp dry ground mustard
- ½ tsp salt
- ½ tbsp. onion powder
- 1 tbsp Worcestershire sauce
- 3 slices of bread, cut up into small pieces
- 1 egg
- ¾ cup milk
- 1 lb lean ground beef (93%) lean
- Dried parsley (optional)
- ½ cup shredded parmesan cheese
- 4 tbsp salted butter, sliced
- 2 tsp minced garlic
- 1 cup chicken broth or water
- 1.5 lbs Boomer Gold Little Potatoes

Directions

1. Wipe with a bit of butter the bottom part of the Instant Pot. Add the little potatoes on bottom of pot.
2. Pour in the chicken broth together with the minced garlic, then stir.
3. Add to the potatoes some parmesan cheese, butter and dried parsley (optional), then place rack-insert on top of Little Potatoes.

4. In a bowl, mix the following ingredients: 1pound lean ground beef, milk, bread, Worcestershire sauce, onion powder, salt, dry ground mustard, black pepper and garlic powder. Clean your hands and mix them all up.
5. Shape the mixture into a loaf shape and place them onto a sheet of nonstick aluminum foil, then fold up the sides of the foil to make a little meatloaf boat.
6. In another small bowl, mix ½ cup of ketchup and the balsamic vinegar, stir well to create the meatloaf glaze.
7. Half of the glaze mixture must be spread on top of the meatloaf, then place meatloaf on top of the rack insert. The rest of the glaze mixture will be used later.
8. Put the lid and lock it onto the Instant Pot.
9. Press manual button. Cook on for 20 minutes.
10. Do a quick release.
11. Remove the meatloaf and place it on a baking sheet. Spread the remaining glaze mixture on top of meatloaf.
12. Slide the meatloaf under the broiler and broil for 4-5 minutes until glaze bubbles and thickens.
13. Remove the baking sheet from oven and place meatloaf on a serving dish then spread Little Potatoes around it.
14. Serve and enjoy.

Meatball Stew with a Swedish Twist

(Total Time: 30 Min|Serves: 8)

SmartPoints: 12

Ingredients

- Mushrooms quartered, (optional)
- 2 tbsp Dijon mustard
- 6-8 tbsp cornstarch (varies according to thickness desired), divided
- 1 cup sour cream
- 1 onion, diced
- 2 cups heavy cream
- 2 cans beef broth 14.5 oz
- 8 tbsp butter melted
- 1 tbsp olive oil
- 2 tbsp Worcestershire sauce
- ½ cup bread crumbs
- 1 egg
- 1 packet French onion soup mix
- 1 lb ground beef

Directions

1. Mix packet of French onion soup mix, egg, Worcestershire sauce, bread crumbs and ground beef in a bowl. Form into balls.
2. Spread olive oil or use nonstick spray to spray the inside of the Instant Pot, then set to sauté.
3. Add meatballs and cook until browned, around 10-15 minutes depending on how big they are.
4. Add diced onions. And sauté for 5 minutes with meatballs.

5. After cooking for a few minutes, mix around 3 tablespoons of cornstarch along with the other ingredients in a bowl.
6. Pour in cornstarch mixture and cook until sauce has thickened, around 10 minutes. Stir constantly.
7. Serve and enjoy.

Japanese Beef Curry Stew

(Total Time: 2 Hours and 20 Min|Serves: 5)

SmartPoints: 12

Ingredients

- Kosher salt and ground black pepper to taste
- 1/3 tsp baking soda
- 1.5 lbs yellow onions and shallots, thinly sliced
- 1 tbsp Japanese soy sauce
- 2-3 Japanese curry roux cube or homemade Japanese curry roux
- ¾ cup unsalted chicken stock
- 6 medium garlic cloves, chopped
- 2lbs chuck steak, 1.5 inch in thickness

Directions

1. Press sauté button and wait for indicator to say hot.
2. Melt butter. Brown chuck steak in two batches for ten minutes each batch. Transfer to a plate and set aside.
3. Stir in baking soda, shallots, and onions. Sauté for 5 minutes. Add garlic and cook for a minute.
4. Add half of chicken stock and deglaze pot. When done, add remaining chicken stock and browned beef.
5. Cover, press manual button, and cook for 30 minutes on high. Do a natural release for 10 minutes and then do a quick release to safely open pot.
6. Stir in Japanese roux and mix well. Adjust seasoning to taste if needed.
7. Serve and enjoy.

Spicy Beef Stew

(Total Time: 1 Hour and 40 Min|Serves: 5)

SmartPoints: 10

Ingredients

- ¼ cup buttermilk + 2 tbsps cornstarch
- Kosher salt and fresh ground black pepper to taste
- 3-5 pepperoncini peppers (adjust to your desired level of spiciness)
- ¼ cup unsalted butter
- 1 tbsp olive oil
- 1 tsp dried or fresh chives
- 1 tsp dried parsley flakes
- 1 tsp dried dill weeds
- 1 tsp garlic powder
- 1 tsp onion powder
- ¾ cup unsalted chicken stock
- 2 lbs well marbled chuck roast steak, 2 inches thick

Directions

1. Press sauté button and wait for it to indicate hot.
2. Prepare the chuck roast by drying it with paper towel. Season it with ground black pepper and kosher salt once pressure cooker is hot.
3. Add olive oil to pot. Put the seasoned side of the chuck roast on pot bottom and season the other side with pepper and salt. Around 8 minutes, brown each side of the steak then remove and transfer to a plate.
4. Deglaze the bottom of pot by adding the unsalted chicken stock.

5. Mix in fresh chives, garlic powder, parsley flakes, and dried dill weed.
6. Place in the chuck roast steak, partially submerged along with the pepperoncini peppers, then pour in the meat juice. On top of the chuck roast steak, layer the unsalted butter.
7. Cover, press manual button, and cook on high for 45 minutes.
8. Do a natural release for 20 minutes. Do a quick release to open pot safely. Then remove the roast.
9. To thicken the sauce, mix buttermilk, and cornstarch then pour at least one third at a time until you achieve the thickness you like. Add pepper and salt if needed.
10. Serve and enjoy with you desired side dishes.

Mongolian Beef Stew Surprise

(Total Time: 20 Min|Serves: 8)

SmartPoints: 12

Ingredients

- White rice, cooked
- Green onions, chopped
- 3 tbsp cold water
- 2 tbsp cornstarch
- 1.5 cups dark brown sugar
- 1 cup low sodium soy sauce
- ½ cup water
- 2-3 cloves garlic, minced
- 1 tsp ginger, minced
- 2 tbsp vegetable oil
- 2 lbs top sirloin or flank steak, trimmed of gristle and thinly sliced against the grain

Directions

1. Press sauté button and wait for it to indicate hot.
2. Add oil and brown meat in two batches for 10 minutes per batch. Once browned, transfer meat to a plate.
3. Stir in ginger and garlic, sauté for 3 minutes.
4. Add brown sugar, soy sauce, and water then mix well. Return beef and juice.
5. Seal valve, press manual button, then set timer to 12 minutes on high pressure.
6. Do a quick release.
7. Combine cornstarch and 3 tablespoons of water. Add the mixture to pot. Turn on and select sauté. Cook until sauce thickens.

8. To serve, garnish with green onions.

Red Wine Beef Stew

(Total Time: 40 Min|Serves: 6)

SmartPoints: 11

Ingredients

- 3-4 carrots, peeled and chopped
- 2 bay leaves
- 1 tsp fresh (or ½ tsp dried) thyme leaves
- ½ cup beef stock + 1 tablespoon gluten-free flour (whisked together)
- 1 tbsp tomato paste
- ¾ cup red wine
- 3 cloves garlic, minced
- 1 small onion, chopped
- 2-3 tbsps gluten-free flour
- Salt and pepper
- 1 1/2 -2 lbs beef chuck roast, cut into 1-inch cubes
- 3 tbsps olive oil, divided

Directions

1. Press the sauté key and wait for it to indicate hot.
2. Use pepper and salt to season the beef then sprinkle 2-3 tablespoons of gluten-free flour over it.
3. Add olive oil to pot. Add beef in a single layer. Cook in batches for about 6 minutes each batch, 3 minutes per side. Transfer to a plate.
4. Add a tablespoon of olive oil. Stir in onion and sauté for 4 minutes. Add garlic and cook for another minute.
5. Add the wine to remove the brown bits of the bottom of the pan.
6. Stir in remaining ingredients.

7. Season with ¼ teaspoon pepper and ¼ teaspoon of salt. Mix well.
8. Press the meat/stew button and set timer to 40 minutes.
9. Do a natural release for 10 minutes and then do a quick release ti open pot safely.
10. Enjoy and serve!

WEIGHT WATCHERS INSTANT POT CHICKEN RECIPES

BBQ Chicken Wings

(TotalTime: 15Min|Serves: 6)

SmartPoints: 11

Ingredients

- ½ cup Sweet Baby Ray's BBQ sauce
- 2-lbs chicken wings and drumettes
- 1 cup water

Directions

1. Add water in Instant Pot.
2. Place a steamer basket and add chicken wings.
3. Cover, press manual button and cook for 5 minutes on high.
4. Do a natural release for 10 minutes.
5. Meanwhile, preheat oven to 450°F.
6. Grease a baking sheet with cooking spray.
7. Add BBQ sauce in a large bowl.
8. Do a quick release and transfer chicken wings on a plate. Pat dry with paper towels and add to bowl of BBQ sauce. Toss well to coat.
9. Spread coated wings on prepared baking sheet and bake for 10 minutes.
10. Serve and enjoy.

Orange Chicken

(TotalTime: 20Min|Serves: 6)

SmartPoints: 16

Ingredients

- Zest from 1 orange
- 1 tbsp sriracha
- ¼ cup soy sauce
- ¼ cup brown sugar
- ¼ cup granulated sugar
- 1 cup tomato sauce
- 6 garlic cloves, minced
- 1 cup orange juice
- 2 tbsps vegetable oil
- 2 tbsps cornstarch
- 2-lbs boneless, skinless chicken thighs, cut into 1-inch cubes

Directions

1. Press sauté and wait for indicator to say hot. Add oil and let it heat for 2 minutes.
2. Add chicken and stir fry until browned, around 7 minutes.
3. Reserve ½ cup orange juice and cornstarch. Add remaining ingredients in pot. Stir and mix well as you deglaze pot.
4. Cover, press poultry button and for 7 minutes cook chicken.
5. Meanwhile, in a small bowl mix cornstarch with reserved orange juice. Set aside.
6. Do natural release for 10 minutes and then do a quick release.

7. Press sauté button, pour in cornstarch slurry as you mix continuously until sauce thickens, around 3 minutes.
8. Turn pot off and let chicken stand for another 3 minutes. Add orange zest and toss to mix.
9. Serve and enjoy.

Lemon Chicken

(TotalTime: 15 Min|Serves: 4)

SmartPoints: 24

Ingredients

- Pepper and salt to taste
- 2 ½ tbsps. Cornstarch + 3 tbsps water
- A dash of Shaoxing wine
- A pinch of rosemary
- 1 tbsp peanut oil
- 1 tbsp light soy sauce
- 3 tbsps honey
- ¾ cup chicken stock
- 3 garlic cloves, minced
- 1 lemon, sliced in half, divided
- 8 chicken thighs with skin on

Directions

1. Press sauté button and wait for indicator to show hot. Once hot add oil and heat for a minute.
2. Pat dry chicken and season generously with pepper and salt. Add to pot and brown sides for 5 minutes each. Transfer to a plate.
3. Add garlic and sauté for a minute and add a dash of wine.
4. Squeeze ½ of a lemon into the pot and mix in soy sauce, rosemary, and chicken stock. Mix well.
5. Return chicken to pot.
6. Slice thinly the other lemon half and add to pot.
7. Cover, press manual button and cook for 5 minutes on high.

8. Meanwhile, mix the cornstarch and water in a small bowl and set aside.
9. Do a natural release for 10 minutes and then do a quick release to open pot safely.
10. Press sauté button and transfer chicken to a plate.
11. Stir in honey. Pour in cornstarch slurry and continue mixing and cooking until sauce has thickened, around 3 minutes.
12. Adjust seasoning to taste.
13. Return chicken and cook for another 5 minutes.
14. Serve and enjoy.

Chicken Adobo

(TotalTime: 20Min|Serves: 6)

SmartPoints: 8

Ingredients

- 4 dried bay leaves
- 1 tsp ground black peppercorn
- 1 large sweet onion, chopped
- 10 cloves garlic, smashed
- ¼ cup vinegar
- ½ cup soy sauce
- 2-lbs chicken meat

Directions

1. Add all ingredients in pot.
2. Cover, press poultry button, and cook for 10 minutes.
3. Do a quick release.
4. Press sauté button and continue sautéing for 10 minutes, until sauce has rendered.
5. Best served with a bowl of rice.

Oregano-Basil Chicken Breast

(TotalTime: 15Min|Serves: 3)

SmartPoints: 4

Ingredients

- 1 cup water
- 1/8 tsp dried basil
- 1/8 tsp dried oregano
- A dash of black pepper
- ¼ tsp garlic salt per chicken breast
- 3 boneless, skinless chicken breasts
- 1 tbsp oil

Directions

1. Press sauté button and wait for indicator to say hot.
2. Add oil and let it heat while seasoning the chicken breasts.
3. Add chicken breasts to hot pot and cook in batches for 4 minutes per side. Transfer to a plate while cooking the rest.
4. Add a cup of water to pot and place trivet. Place chicken breasts on trivet.
5. Cover, press manual button, cook for 5 minutes on high.
6. Do a natural release for 10 minutes and then do a quick release to open pot safely.
7. Serve and enjoy.

Chicken Cacciatore

(TotalTime: 30Min|Serves: 6)

SmartPoints: 24

Ingredients

- ¼ cup balsamic vinegar
- 1 tsp fresh thyme
- 2 tbsps parsley
- 1 14.5-oz can diced tomatoes, pulsed in a blender
- 1 14.5-oz can diced tomatoes in juice
- 1 cup chicken broth
- 1 bay leaf
- 2 tbsps fresh basil, chopped
- ¼ tsp red pepper flakes
- 1 tsp dried oregano
- 2 large garlic cloves, minced
- ½-lb mushrooms, sliced
- 1 red bell pepper, diced
- 3 carrots, peeled and diced
- 1 medium onion, sliced thinly
- 2 tbsps extra virgin olive oil
- 2 tsps ground pepper
- 2 tsps salt
- 8 chicken thighs, pat dry with paper towels

Directions

1. Press sauté button and wait for indicator to say hot. Add a tbsp. of oil and wait for a minute.
2. Season chicken with salt and pepper.
3. Add 4 chicken thighs and brown for 5 minutes per side. Transfer to plate, add remaining oil and repeat process for the remaining half.

4. Add mushroom, bell pepper, carrots, and onion. Sauté for 5 minutes.
5. Stir in pepper flakes, oregano, and garlic. Cook for a minute.
6. Stir in parsley, thyme and bay leaf. Cook for another minute.
7. Pour in balsamic vinegar, tomatoes, and chicken broth. Mix well.
8. Return chicken.
9. Cover, press manual button, cook for 12 minutes on high.
10. Do a quick release, fish out bay leaf, and discard.
11. Adjust seasoning to taste.
12. Serve and enjoy.

Instant Pot Chicken Italian Style

(TotalTime: 20 Min|Serves: 6)

SmartPoints: 9

Ingredients

- ¼ cup loosely packed fresh Italian parsley, chopped coarsely
- ½ cup loosely packed fresh basil leaves, sliced thinly
- ¼ tsp black pepper
- ½ cup pitted green olives
- 2 cups cherry tomatoes
- 1 tbsp tomato paste
- 3 garlic cloves, smashed and peeled
- ½-lb cremini mushroom, quartered
- 2 medium carrot, chopped coarsely
- 1 small onion, chopped coarsely
- 1 tbsp olive oil
- Salt to taste
- 8 boneless, skinless chicken thighs

Directions

1. Press sauté button and wait for indicator to say hot.
2. Season chicken with salt and set aside.
3. Add oil to pot and let it heat for a minute.
4. Add mushrooms, carrots, and onions. Season with ½ tsp salt. Sauté for 5 minutes.
5. Add tomato paste and garlic. Sauté for 2 minutes.
6. Add olives, cherry tomatoes, and chicken. Mix well.
7. Cover, press manual button, and cook for 10 minutes on high.

8. Do a quick release.
9. Taste and adjust seasoning if needed.
10. Stir in the fresh herbs.
11. Serve and enjoy right away.

Honey Sesame Chicken

(TotalTime: 20 Min|Serves: 4)

SmartPoints: 21

Ingredients

- 1 tbsp toasted sesame seeds
- 2 green onions, chopped
- 3 tbsps water
- 2 tbsps cornstarch
- ¼ tsp red pepper flakes
- ½ cup honey
- 2 tsps sesame oil
- ¼ ketchup
- ½ cup soy sauce
- 2 garlic cloves, minced
- ½ cup onion, diced
- 1 tbsp vegetable oil
- Pepper and salt to taste
- 4 large boneless, skinless chicken breasts, chopped into 1-inch cubes

Directions

1. Press sauté button and wait for indicator to say hot.
2. Meanwhile season chicken generously with pepper and salt.
3. Once pot is hot, add vegetable oil. Stir in garlic and onion. Cook for 3 minutes.
4. Add chicken and cook for 5 minutes.
5. Stir in red pepper flakes, ketchup, and soy sauce. Mix well.
6. Cover, press manual button, and cook for 3 minutes on high.

7. Meanwhile, mix water and cornstarch in a small bowl and set aside.
8. Do a quick release and press sauté button.
9. Stir in honey and sesame oil. Pour the cornstarch slurry and continue mixing while cooking until sauce has thickened, around 4 minutes.
10. Stir in green onions, serve, and enjoy.

Pineapple Chicken Hawaiian Style

(TotalTime: 4 Hours and 40Min|Serves: 6)

SmartPoints: 29

Ingredients

- 2 tbsps cornstarch
- 1 small yellow bell pepper, cut into 1-inch pieces
- 1 small red bell pepper, cut into 1-inch pieces
- 1 20-oz can pineapple chunks, drained and ¼ cup liquid reserved
- 1 ½ cups honey BBQ sauce
- 2 cloves garlic, chopped finely
- 2-lbs boneless, skinless chicken thighs

Directions

1. In Instant pot, mix reserved liquid from pineapple, BBQ sauce, and garlic. Mix well.
2. Add chicken and pineapple chunks. Mix well.
3. Cover, press slow cooker button, and cook for 4 ½ hours on low.
4. Meanwhile, mix cornstarch with ¼ cup water and set aside.
5. Once time is up, open pot, press sauté button, and stir in bell peppers and cornstarch slurry. Mix well.
6. Continue mixing and cooking for 10 minutes until sauce has thickened and bell peppers are soft.
7. Serve and enjoy.

Chicken-Mushroom Casserole

(TotalTime: 3Hours and 10 Min|Serves: 2)

SmartPoints: 22

Ingredients

- 2 tbsps chopped fresh parsley
- 4 slices Muenster cheese
- 1 garlic clove, minced
- 8-oz sliced fresh mushrooms
- ¼ cup cream sherry wine
- 1 18-oz can creamy mushroom soup
- 1 ¾-lbs chicken breast, sliced thinly
- ½ tsp pepper
- ½ tsp salt
- ¼ cup all-purpose flour

Directions

1. Mix pepper, salt, and flour in shallow bowl. Coat chicken.
2. Add chicken in Instant Pot.
3. In a medium bowl, whisk well garlic, mushrooms, wine, and soup. Pour in Instant Pot.
4. Cover, press slow cooker button, and cook for 3 hours on low.
5. When timer is up, open pot, press sauté button, and place cheese slices on top of pot mixture. Continue cooking for 7 minutes, until cheese is melted.
6. Garnish with parsley, serve, and enjoy.

CONCLUSION

Well, like all good things—it must come to an end. However, your journey to a healthier you have just begun. And you have already taken the first step towards your weight loss goal, just continue and though some days it may be hard to stick to your resolution just do it one step at a time.

There are a hundred Instant Pot recipes in this cookbook that will give you a satisfying variety that your palate seeks. You have choices from beef, chicken, pork, beans, and vegetables. You can have a bowl of soup to warm you up during those cold nights or a refreshing dish of vegan approved beans. There are also great and easy dessert recipes that will cure your cravings for sweets and desserts. Something different? There's a matcha cake recipe in this book that you can explore gustatorily!

Remember, you are on a Weight Watchers diet so don't get carried away by eating more than the suggested servings. What's great is that, one serving is equal to the SmartPoints mentioned for each recipe. So, that makes it easier for you to plan your meals even a week ahead. And if you are not on a diet, these recipes are still perfect for you! They are definitely delicious and easy to prepare in the kitchen with not much mess after.

Do remember that when using your Instant Pot and transferring from one mode to another, always press cancel and then press the mode that you want to use. Again, when you want to end a mode of cooking, press cancel, and then just press the new mode of cooking that you want to use.

Lastly, never stop enjoying homecooked meals!

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